

While watching the first video of **Tuberculosis**, one thing that I learned is that TB can affect any organ in the body like the bones and kidneys. I always thought that TB only affects the lungs. Another thing that I learned is that even though TB is an older disease that has been around for a while, it is still to this day one of the leading causes of infection and death in people worldwide. It is mindboggling how fast that TB is highly infectious and that it is highly contagious and can get passed on fast. What is sad, is that TB has forms that are highly resistant and do not respond to today's antibiotics and medicines. Lastly, another thing that I learned is that an individual can have an inactive or latent form of TB. If the individual has a weak immune system, the active form can happen and make that individual contagious and if left untreated can be fatal. For **COPD**, one that that I learned while watching the video is that COPD includes emphysema and chronic bronchitis. COPD affects breathing by not allowing enough lung airflow happen and can worsen. It is crazy how 24 million individuals today suffer with COPD. I learned that with COPD, some of the changes that occurs to the respiratory system is that the air passages get clogged with mucus, the walls get inflamed and thicken, the alveolar walls get damaged, and that the airway passages lose their elasticity thus affecting the individual's way of breathing. Unfortunately, this is a terrible disease that affects many individuals in this world we live in. For **Obstructive Sleep Apnea**, one of the things that I learned is that an individual stops breathing while sleeping due to an obstruction. One of the reasons is due to fat storage behind the back of an individual's tongue. The muscles loosen up and fall on the airway thus making it hard to breathe while sleeping. This all blocks the airway and causes the lungs to breathe alone and no air is able to go through. Unfortunately oxygen goes down due to this and even affects the brain and causes sleep apnea. Also, anything that makes the airway worse happens as well. Two things that affect the airway occurs when an individual sleeps supine and the second one is being in REM(rapid eye movement) sleep. I learned that risk factors that make Sleep Apnea more likely is being a male. Men store more fat in the neck verses women. But, women can also catch up to men after menopause. Second, being obese can be a big risk factor of suffering with Sleep Apnea. What is crazy is that being 10% overweight can cause this as well. Third, race plays a role in Sleep Apnea. Non-white is where they mainly see Sleep Apnea occurring in. Fourth, nasal obstruction can also cause Sleep Apnea. Lastly, genetic factors is another risk factor of having sleep apnea and it tends to be first degree relatives. For **Pneumonia**, most healthy people can overcome it, however unfortunately new born babies and children that are below the age of 2 can get it. Elderly people 65 years or older can get it, regular smokers, and individuals with weakened immune systems. Sometimes even individuals that have had surgery or that have been in the hospital for some time can even contract this sickness as well. I learned that there are a few different types of pneumonia that you can get as well. One of them is Bronchial Pneumonia, Lobar Pneumonia, Hospital Pneumonia, Community Acquired Pneumonia, Ventilator Associated Pneumonia, Opportunistic Pneumonia, and Aspiration Pneumonia. I learned that some signs can differ in every patient. Some of the symptoms are coughing, sputum, sweating, fever, chills, shortness of breath, muscle pain, fatigue, and confusion. For **Chest Tubes**, I learned that it is a tube that is inserted in the pleura space in the lung to help remove fluid or air and to help make the lungs expand. I also learned that there is a mediastinal chest tube that inserted in the mediastinal area and it is placed underneath the sternum. Some other reasons for getting a chest tube are Pneumothorax and hemothorax. Also, blood can also enter the lungs and chest tubes can help that as well. There are 2 different kinds of chest drain systems. There is a wet and a dry

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system. As a nurse, it is important on getting familiar with these different systems and what to look out for while caring for a patient.