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What I was able to learn through these YouTube videos is the exact pathophysiology of Chronic Obstructive Pulmonary Disease, which is a chronic lung disease which hinder breathing by limiting airflow and become severe with time. This definition helps me understand that this is a disease that happens overtime rather than instant. I was able to thoroughly learn that chronic bronchitis and emphysema are categories of overall chronic obstructive pulmonary disease, which was something I was a little bit confused on. Through this video I learned that some signs and symptoms are advanced stages which means these patients have had them for a while such as barrel chest and cyanosis.

I was able to learn in depth the pathophysiology of sleep apnea as well. It was interesting how the video explains that when a person falls asleep so do the muscles in the throat which basically creates a “collapse” and contributes to how sleep apnea occurs. In class I learned that a symptom of sleep apnea can be daytime sleepiness which happens because the patient is unable to sleep throughout the night. From the video I was able to learn the very specifics of why this occurs, which is because the oxygen saturation levels drop due to the airway obstruction which then awakes the brain to tell the person to wake up therefore waking up their throat muscles and helping them breathe again. Overall, the oxygen saturation levels in a sleep apnea patient will rise and fall all night as these patients wake up to breathe.

In lecture I had learned that tuberculosis can occur in any organ, not just the lungs; however, what I have learned due to these YouTube videos is that it is very rare to see other organs being affected. I also learned that there are different stages of tuberculosis which include latent and active, and that these stages present different signs and symptoms. When first learning about this disease process I was very confused on how to read a tuberculosis skin test because of the different sizes you can read, however the video went into depth about which specific people are going to have the different sizes. For example, a person with a 15mm reading regardless of background is positive, a person with a 10 mm reading is always at moderate risk of catching this disease, and a person with a 5 mm reading is a person who is a high risk of catching this disease due to other underlying diseases or someone who was at high exposure.

Learning pneumonia has been very difficult because I was unsure if these different types meant they are completely different when it comes to signs and symptoms, risk factors, etc. However, what I have learned through the video is that there are only two categories that make them different which is how you can get it and what part of the lungs it effects, but as you said in lecture pneumonia is pneumonia it is all the same! I understand that a prevention of pneumonia is getting the influenza vaccine, but the video helped me understand why you should get it which because influenza can cause viral pneumonia.

I was able to learn the difference between wet and dry suction when it comes to closed chest drainage systems through this video as she goes into depth of what a nurse needs to understand about them. A nursing intervention I learned was that the drainage collection chamber needs to be regularly monitored for color and amount. I also learned that depending on the facility a nurse works that most of the time nurses can assist in the removal of chest tubes. One of the ways nurses help assist with removal is by teaching the patient the Valsalva maneuver and help guide the patient through this because if they breathe in during removal this can cause air to get into that exposure. What I also learned which helped me understand the basic definition is that a closed chest drainage system is needed to remove air or fluid in the pleural space to help the lung expand.