

The first video I watched was over TB. I learned that TB is one of the leading causes of infection and death in adults. Africa, Southeast Asia and Western Pacific are the most affected areas with TB. Tuberculosis can be spread from person to person by inhaling airborne nuclei droplets. The infection happens when the particles are small enough to cross the upper respiratory defense and reach the lungs. In the 1950's several antibiotics were developed which helped eliminate TB in many countries. If a person has an Inactive form of TB they are not contagious and do not transmit the bacteria, although if there is a change in their immune response they can become active. Diagnostic testing includes a chest x-ray and sputum culture. Tuberculosis is an infection of the lungs but can also affect the kidneys, bones and the brain. There are several treatment medications for TB which all are toxic to the liver.

COPD is the term used for two different chronic lung diseases. COPD hinders breathing by limiting lung airflow and becoming severe with time. COPD is the fourth leading cause of death in the United States. Early screening is key. In COPD some changes in the respiratory tract caused the volumes of inhaled and exhaled air to be reduced. There are two types of COPD. One being Emphysema which is when the air sacs in the lungs are damaged and enlarged. Chronic bronchitis is another type of COPD and this is when the lining of air passages are clogged with mucus due to chronic inflammation. A spirometry confirms the diagnosis for COPD. Antibiotics are often used to treat the exacerbations by fighting respiratory infections.

Sleep apnea is a blockage of airflow when sleeping caused by an obstruction. Our lungs breath on their own due to the medulla oblongata. With sleep apnea no air is getting into the lungs causing a decrease in oxygen and increase in resistance. This sends a signal to the brain causing the brain to arouse out of its sleep. Being supine and REM sleep can make sleep apnea worse. Other risk factors for sleep apnea include obesity, age, race, genetics, being a male and nasal obstruction.

Pneumonia is an infection in the lungs caused by microbes and the result is inflammation. In adults the most common viral cause of pneumonia is influenza. I learned from the video that microbes from the hospital are more resistant to antibiotics. One of those being MRSA which is resistant to many antibiotics. There are different types and classifications of pneumonia. One type is Opportunistic Pneumonia infection caused by weakened immune system due to another medical condition such as AIDS or organ transplant

Chest tubes are inserted into the pleural space of the lungs to remove air or fluid to help the lung re-expand. Reasons for someone to get a chest tube would be a pneumothorax which is air that enters the pleural space and Pleural effusion which is fluid in the pleural space. There are two types of chest tube drainage systems, wet suction and dry suction. With a wet suction you will see and hear bubbling while it's working and water can evaporate over time. With a dry suction there will be no bubbling, no water evaporation. The water seal chamber performs an underwater seal to allow air to be removed from pleural space while preventing outside air from entering the lungs. The nurse's role with a patient who has a chest tube is to keep the drainage system below the patient's chest and keep the tubing free of kinks. Monitoring the drainage collection chamber taking note of the color and amount of the drainage. If excessive bubbling is noticed check for a possible air leak. If a chest tube becomes dislodged, cover with a sterile dressing and tape on three sides. This allows air to escape and prevent a tension pneumothorax. I found these videos very helpful and educating on the topics we discussed in class.

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*MEDCRAMvideos. (2012, September 30). Obstructive sleep apnea explained clearly - pathophysiology, diagnosis, treatment. YouTube. Retrieved October 5, 2021, from <https://www.youtube.com/watch?v=NZszF7OaDVE>++Sleep+Apnea.*

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