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IM# 3
Reflection on videos

The videos are informative, well organized, and detailed. The videos clarified and explained some of the things that I missed during the lecture. The materials in videos are arranged in an order that makes it very easy to understand what the video is presenting. The videos described every disease's pathophysiology, causes, risk factors, diagnosis, tests, treatment, and helpful nursing interventions.

I found the TB video interesting and instructive. I learned that TB medications are heavily toxic to the liver. An inactive person can become an active TB patient if the person is in certain conditions (AIDS, immunocompromised). Additionally, I learned that elderly and young people could have a false negative result in TB skin test, and you must complete the course of the TB med. If the med is stopped abruptly, it can produce drug-resistant strains of TB bacteria, which cause the disease to be more challenging to manage.

In the COPD video, the nurse goes over everything about COPD, and I find that valuable. Several risk factors cause COPD (Emphysema, Chronic Bronchitis, Asthma), but smoking is the most common cause. I find it interesting that a genetic condition known as Alpha-1 antitrypsin deficiency is one of the risk factors and that this condition is very rare. Overall, COPD is an irreversible disease, but proper medications and changing lifestyles can slow down the progression and help individuals live everyday life.

I learned from the Sleep Apnea video that you should not let them (sleep apnea patients) lay down or sleep in a supine position because there is a high chance that the tongue will fall back and obstruct the airway. Usually, sleep apnea occurs at the middle age (50-59) and compared to women; men are more likely to have sleep apnea. Individuals are more at risk to develop sleep apnea if there is first degree relative with sleep apnea.

The pneumonia video was informative and thorough. The video talked about a variety of pneumonia, the pathophysiology of the disease, treatment, test & diagnostics, nursing interventions, and the proper medications to kill the bacteria. The video also talked about how viral and bacterial pneumonia are different from each other. In viral pneumonia, the sputum will be thin and whitish, while in bacteria pneumonia, the sputum is green, yellow, and red-brown. The most important thing when treating a patient with pneumonia is getting a sputum or blood culture to treat the patient with the right antibiotic. It is vital to treat pneumonia with the correct antibiotic because it is the only way a patient will get better. Vaccination such as flu and pneumonia vaccine is one of the things individuals can do to prevent getting pneumonia.

In the chest tube video, the nurse explained every detail about the chest tube. The nurse goes over the chest tube insertion, how the drainage system works, nursing interventions, and roles on the patient with a chest tube. Nurses have to monitor respiratory status, drain system, tube position, lung sounds, insertion site, and reposition the patient with chest tube every hour or depending on the hospital policies. Overall, the videos are effective and helpful for me.