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IM #3

YouTube Videos

Video 1: Tuberculosis

Infection of the lungs caused by Mycobacterium Tuberculosis. Contagious infection that begins in the lungs but spreads everywhere. Known as one of the oldest diseases among humans. BCG stimulates the body's immune response to help fight this disease. This is an airborne transmissible disease. Infection happens when the particle are small. In the 1950s, tuberculosis medications were developed. However, resistance has become an issue. Be cautious when traveling aboard, always check to see if where you are going has a high population infected with this disease; you can be vaccinated before going to increase your chances of not becoming ill. An inactive form of tuberculosis means the person is not contagious but is at risk for contracting this disease causing the individual to have an active form of this disease. Sign and symptoms include green or yellow sputum. Treatment is possible, however, the infected individual must seek medical help as soon as possible; upon the first sign and symptom of this disease.

Video 2: COPD

This term encompasses two different chronic lung diseases; one is chronic bronchitis and the second is emphysema. According to the CDC, this is the fourth leading cause of death in the US. This disease usually goes unreported. In the case of emphysema, the main damage occurs within the alveolar walls, causing the alveoli to lose shape. In the case of chronic bronchitis, the passageway is clogged with mucous or phlegm due to chronic irritation, so swelling. Smoking si the most common cause for this disease. There are rare cases where this disease is genetic; genetic condition called Alpha-1 Antitrypsin Deficiency (AAT), a protein made in the lungs. The sad fact of this disease is that emphysema is irreversible. However, there is hope chronic bronchitis infected individuals; as long as the person seeks medical help as soon as possible.

Video 3: Sleep Apnea

A blockage occurs, causing an obstruction in the air way. The brain receives messages to wake the individual up, allowing the airway to open up, but the brain will go back to sleep and the cycle continues. One of the reasons OSA worsens is caused by the individual falling into REM sleep. REM is where dreams start to occur and the body enters into a paralytic state. The paralytic state is important because if that did not happen, we would act out our dreams. Men are at a higher risk, whereas women will become more equal with men after reaching menopause. The reason it is worse for men is because men store fat in their neck region. This is treatable, however, the treatments are usually an inconvenience to the individual so there is a high non-compliance rate.

Video 4: Pneumonia

Pneumonia can be classified as infection acquired or community acquired. Hospital acquired pneumonia (HAP) is serious because the patient already has another medical condition going on. Ventilator acquired pneumonia or VAP course due to the patient being incubated and automatic breathing is required; the risk for VAP is due to the health care provider not using sterile technique when suctioning patients especially when the patient has a tracheostomy. The flu can lead to pneumonia if gone untreated, which is why it is of the utmost importance to get vaccinated. Fungus, although rare, is another cause of pneumonia. Diagnosis is via a sputum test which helps narrow down the antibiotic needing to be used. Also, a chest x-ray is very important. Pneumonia is treated based on the severity, type of infection, patient's age and the overall health condition of the individual. Flu and pneumonia vaccines are vital.

Video 5: Chest Tube

The chest tube is inserted into the pleural space to fluid and help re-expand the lungs. There are multiple reasons for a chest tube to be placed, however, the two most common reasons are for a pneumothorax or hemothorax. It is vital that the nurse monitor the patient's respiratory status, lung sounds, breathing, insertion site, drainage system, and know what to do if things go wrong. The drainage from the chest tube should be less than 100cc/hr. During the removal process, the nurse will assist the doctor. The nurse can ask the doctor for an order to pre-medicate the patient before removal. It is also important for the patient to be taught the Valsalva maneuver when removal is happening; this helps eliminate the risk of a pneumothorax occurring. A chest x-ray is then ordered to assess lung expansion.