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### Reflection Paper on Gas Exchange Videos

After watching the videos, I have gained more insight into how these diseases affect daily activities. Some are avoidable, while some are not. From all the media I watched for this reaction paper, the video that impacted me most was about sleep apnea.

The first video was about tuberculosis. This disease hits me way too close to home. As someone that's born and raised in the Philippines, tuberculosis was something we see every day. I have always asked my parents why my siblings and I have a scar on our deltoids. Until now, I still have them, and it was because of the BCG vaccine. It is also sad that such a terrible disease is common in developing countries. It is fascinating to know that the TB bacteria can live on the brain, bones, and kidneys by traveling through the lymph nodes. My greatest takeaway from the video, however, was the presence of inactive tuberculosis. It is already in the system, but the instance that the immune system takes a hit, it becomes active and dangerous. When TB hits our patients, as nurses, we need to ensure that our patients take their full course of meds.

The second video about COPD was very informative. Prior to this, I thought that COPD was either getting emphysema or chronic bronchitis. Now I learned that it's common to have both simultaneously. COPD is irreversible and progressive - a deadly combination. With smoking as the most common cause of the disease, it makes me wonder, as a non-smoker, how good must a cigarette be to be so addictive. As nurses, we need to make sure that our smoking patients with COPD seek the proper support group and the right medication for them to stop.

Perhaps my favorite video from the list was sleep apnea. I have an uncle in Alabama that works as a doctor with sleep apnea as his specialty. My naive mind was thinking that his specialty seems very niche and minuscule. This video taught me how mistaken I was. Sleep apnea is deadly. What's more surprising to me was that this disease is more prevalent in Asians. Sleep apnea is under-diagnosed in the Philippines. In addition, having a first-degree relative increases your risk of sleep apnea from 22% to 86%. A higher risk also comes within ages 50 to 59. That is a significant increase. I should tell my parents to consider getting a sleep study.

The fourth video was about pneumonia. Pneumonia was the reason why I chose to become a nurse. My grandmother was admitted to the hospital three years ago because she was very weak. She had no respiratory problems when we admitted her. Throughout her hospital stay, she got hospital-acquired pneumonia. It extended her stay for a month. She was anemic and septic, and with pneumonia, we thought she was not going to make it. Luckily she did and it led me to nursing school. This video taught me that there are numerous reasons for getting pneumonia. As nurses, we need to encourage our patients to get their flu and vaccine shots as these significantly reduce the risk of contracting the disease. Again, we need to educate our patients that smoking potentiates pneumonia. We should also keep in mind that before starting any antibiotics, we need to obtain a sputum sample first to know what we're dealing with.

The final video was about chest tubes. In my clinical experience, I am yet to see a patient with a chest tube. The instrument works wonders, however. It helps correct the pressure in the lungs and helps drain fluid in the lungs. It is also new to me that you can put a tube around the heart to help drain after cardiac surgeries. It is important to note that whenever our patient inspires and expires, the water must move. If it does not, check for kinks.

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Also important that during a system break, the nurse must insert the tubing 1 inch into a bottle for sterile water.

These videos helped me understand the topics more. I'm now more confident in my knowledge. I hope I can correctly apply these concepts to a patient with a respiratory problem.