

Video Reflection

From the Tuberculosis video I learned that it is caused by Mycobacterium Tuberculosis that begins in the lungs and can travel to other organs. TB is still a very prevalent disease even though there is a vaccine, still a large population of the world suffers from this infection and leads to many deaths. TB is a highly contagious airborne disease that is transferred from person to person by inhaling droplets through close contact to an infected person through coughing, sneezing, laughing or any other respiratory involved act. This is why close contact to infected individuals is dangerous for spreading of TB. Therefore, risk factors for TB include being exposed to an infected person and being in close contact with them, and living in areas where unsanitary and overpopulated areas, and having a weak immune system. Signs and symptoms of TB include productive cough, chest pain, hemoptysis, chills, fever, weight loss and fatigue. It is diagnosed by many tests including chest x-ray, PPD skin test, sputum culture and blood test. It is important to complete the full course of antibiotics for TB, especially since it is a long-term recovery. From the COPD video I learned that it is very prevalent and is the 4th leading cause of death in the United States. There are two types of COPD, which are emphysema and chronic bronchitis. Emphysema is damage to the alveolar walls, which reduces the total surface area and the volume of air exchanged is decreased. With chronic bronchitis, there is chronic inflammation in the air passage's, and they are filled with mucus which hinders breathing. It is common for emphysema and bronchitis to occur together, which is why they both fall under the category of COPD. Smoking is the most common cause of COPD. COPD is a progressive and irreversible disease, in the beginning there may not be any symptoms. As the disease progresses common signs and symptoms include a persistent cough, dyspnea, frequent respiratory infections, tightness in the chest, wheezing and fatigue. As the disease advances even more you may see barrel chest, cyanosis, and difficulty catching up breathing and talking. COPD is diagnosed by spirometry to find out the volume of air inhaled and exhaled and how fast the air moves in and out of the lungs. They may also suggest chest x-ray and ABG. COPD is irreversible but there are medications that can help slow the progression as well as implementing lifestyle changes. Quitting smoking is very important. Medications used to treat the symptoms of COPD include bronchodilators to relieve cough and shortness of breath. From the pneumonia video I learned that the alveoli become filled with pus making it difficult to breathe. It is easy for most people to recover from, but newborn babies, elderly, smokers and immunocompromised will have a more difficult time at recovering. Hospital acquired pneumonia is when it is acquired after being admitted in the hospital for another reason. Meanwhile, community acquired pneumonia is acquired from social surroundings and does not involve health care facilities. Aspiration pneumonia is caused by inhaling liquids, foods, saliva or vomit causing an infection in the lungs. The most common bacteria that causes pneumonia is streptococcus pneumonia. Common signs and symptoms of pneumonia include coughing, possibly with sputum, sweating, fever and chills, shortness of breath, and cyanosis. Pneumonia is diagnosed by chest x-ray, sputum culture or blood test to find out what organism it is. From the chest tubes video, I learned that chest tubes are inserted into the pleural space to remove fluid and help the lung to re-expand. Some indications for chest tubes include a pneumothorax, pleural effusion, hemothorax, cardiac surgery, chylothorax and empyema. The drainage system must always be kept below the patient's chest. The tubing needs to be kept free from kinks and made sure the connections are sealed. You need to monitor the drainage, odor, amount and color of the fluid and be sure to

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document. There is a water seal on the chest tube that enables a negative pressure environment. When the patient breathes in the water will increase and when they exhale it will decrease.