

Reagan Pearson (Student ID: 129183)

### Reflection of YouTube videos

From the three assigned videos posted by EmpowerRN I learned in depth about TB, COPD and Pneumonia. The information I gained are as follows.

Tuberculosis is the bacteria mycobacterium tuberculosis which is spread by droplets. This bacterium starts in the lungs and can move via the circulatory system to the bones, kidneys, and brain. A few signs and symptoms of tuberculosis present in the form of a productive cough with sputum present (green, or yellow) for 3 weeks or more when taking morning walks, Hemoptysis, and swollen lymph nodes that are non-tender. Determining if a patient has tuberculosis is achieved by chest x ray (will appear white), cultures, sputum examination, and IGRA & TST test. (IGRA= interfering gamma release assay). Treatment includes medications: pyrazinamide, rifampin, ethambutol, and isoniazid.

COPD falls into two categories of chronic lung diseases which are Emphysema and Chronic Bronchitis. COPD overall causes inflammation, increased mucus (which clogs air passages), and damage to the air passages by decreasing the elasticity of the alveoli where gas exchange occurs. Test used in determining positive COPD: chest x rays, chest CT scans and spirometry. Signs and symptoms include a persisting for 3 months or more with thick mucus, wheezing, and frequent respiratory infections. Treatments and therapies include bronchodilators, steroids (inhaled), phosphodiesterase, Theophylline, Antibiotics, supplemental O2, and Surgery (Bullectomy).

Pneumonia is where your lungs fill with fluid or puss caused by inflammation of alveoli and surrounding tissues. This can be caused by influenza virus, bacteria, mycoplasma, and fungus. The populations most at risk for acquiring pneumonia are newly born babies, children less than two years of age, and the elderly population over age 65. Classifying pneumonia is based on the areas infected in the lungs (bronchial pneumonia and lobar pneumonia), and how the infection was acquired (hospital acquired pneumonia, community acquired pneumonia, ventilator associated pneumonia, opportunistic pneumonia, aspiration pneumonia). Signs and symptoms include coughing up sputum that is green, yellow, or brown in color, pleuritic pain, muscle pain and fatigue, NVD, and confusion. Treatments for pneumonia are based on severity, type, age, and health condition of patient. Treatments include Antibiotics, proper hygiene, staying healthy and physically sound, healthy diet, physical exercise, and quitting smoking. Diagnostic tests include physical exam (specifically auscultation), CT scan, sputum test, and a blood test.

