

### Signs & Symptoms

- cyanosis of the lips, fingers, toes
- nasal flaring
- grunting
- tachypnea
- using accessory muscles when breathing

### Pathophysiology

- There is a surfactant deficiency in the lungs r/t preterm delivery, which makes the alveoli collapse and not allow O<sub>2</sub> to enter the blood from the lungs and CO<sub>2</sub> to be released from the blood into the lungs.

## Respiratory Distress Syndrome

### Diagnostics/Labs

- arterial blood gas (ABG) analysis
- complete blood count (CBC)
- chest x-ray

### Treatment/Medication

- artificial surfactant replacement
- respiratory support & monitoring (CPAP)
- oxygen supplementation
- fluid and metabolic management

### Nursing Implications

- monitor for skin break down
- monitor O<sub>2</sub> sat, work of breathing (grunting, nasal flaring)

### Patient Teaching

- it is okay for oxygen setbacks (gt to RA & then have to go back to supplementation)
- teach for signs of skin break down (redness, irritation)

### Priority Nursing Diagnosis

impaired gas exchange r/t surfactant deficiency secondary to RDS

D.O.B. 04/10/26

Gestational Age 34 Adjusted Gestational Age 34 & 1

Birthweight 5 lbs. 9 oz. / 2332 grams

Current weight 5 lbs. 4 oz. / 2384 grams

APGAR at birth: 7