

Disease: COPD

Student Name: Addison Pavlic

Pertinent Common Signs and Symptoms

- SOB
- wheezing
- chronic cough
 - ↳ dry or w/ phlegm
- fatigue
- irritability
- chest pressure
- swelling in legs, feet, ankles
- blueness of lips or fingernail beds

Pertinent Physical Exam Findings/Risk Factors

- exposure to tobacco smoke
- asthma
- exposure to dusts/chemicals
- age
- genetics
- peripheral edema
- wheezing
- blueness of lips/nail beds

Pertinent Nursing Interventions

- encourage mobility/exercise
- monitor vitals, especially pulse O₂
- NO smoking w/ O₂
- auscultate lung sounds frequently

Disease and Brief pathophysiology

chronic inflammatory lung disease that causes obstructed airflow from the lungs.

- caused by long term exposure to irritating gases or particulate matter, most often cigarette smoke.
- emphysema + chronic bronchitis are the two most common conditions that contribute to COPD.

Client Education/Health Promotion

- cessation of smoking
- diaphragmatic breathing
 - ↳ incentive spirometer
- exercise
- protection from dusts/chemicals
- don't smoke w/ O₂

Labs

- ABG
- AAT - genetic test

Diagnostic Procedures

- spirometry
- chest xray
- CT scan

Pertinent Medications

- bronchodilator
- steroid
- oxygen therapy

Potential Problems

- V disease
- lung cancer
- pulmonary HTN
- depression
- respiratory infections

Disease: PNEUMONIA

Student Name: ADDISON PAVLICK

Pertinent Common Signs and Symptoms

- fever
- chills
- cough w/ phlegm
- chest pain when coughing or breathing
- fatigue
- N/V/D
- SOB
- confusion

Pertinent Physical Exam Findings/Risk Factors

- age (2 years + younger, 65+)
- being hospitalized
- chronic disease
- smoking
- weakened/suppressed immune sys
- crackles

Pertinent Nursing Interventions

- vaccinate
- monitor lung sounds, vitals, pulse ox
- assess for skin color (cyanosis)
- maintain hydration w/ fluids
- education on incentive spirometer
- nasotracheal suction if needed

Disease and Brief pathophysiology

infection that inflames the air sacs of one or both lungs.

- community acquired is most common,
- bacteria → streptococcus pneumoniae
- bacteria like organisms → mycoplasma pneumoniae
- fungi
- viruses

Client Education/Health Promotion

- get vaccinated / get children vaccinated
- practice good hygiene
- don't smoke
- keep immune system strong (sleep, good diet, exercise)

Labs

- sputum test
- CBC

Diagnostic Procedures

- CT scan
- chest Xray
- pulse oximetry
- pleural fluid culture

Pertinent Medications

- antibiotics
- cough medicine
- fever/pain reducers

Potential Problems

- bacteria in bloodstream
- difficulty breathing
- pleural effusion
- lung abscess