

Analysis questions

- How did the assignment make you feel ?

The assignment was an eye opener. It made me feel. Proactive and having an adrenaline rush to help I found myself feeling like this was a real scenario. My intervention was so important because it determined if the patient's condition worsened or got better. It was also a little nerve racking

- What assessment findings would indicate that the patient's condition is worsening?

-The assessment findings that would indicate that the patient's condition is worsening would be cyanosis; this is an indicator of severe SOB . The patient is unable to communicate Spo2 Dropping below desired percentage , a decrease in LOC , Dyspnea , Wheezing , Coughing , and a decrease in blood pressure.

- When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?

The nurse's immediate priority when a patient develops a rapid onset of SOB is to place the patient in an upright position to improve their breathing; this ensures that the patient's lungs have enough space to expand. The respiration rate and the pulse nurse should then take the patient's vitals most importantly the o2 saturation. It is important to assess the patient's airway, their breathing and circulation. * ABC's . The nurse should also check the patient's order to see if there are any specific asthma medications or oxygen so that the nurse can begin treatment if after treatment nothing improves immediately contact the physician.

Review Jennifer Hoffman's laboratory results. Identify which results are abnormal and discuss how this relates to her clinical presentation and the disease process. The laboratory results were abnormal.

Her abnormal lab results included a SPO2 OF 65% o2 levels should be between 95- 100% her Ekg results showed that she was experiencing tachycardia her heart was beating more than 100 beats per min. This is all signs of respiratory distress

Concluding Questions

- What communication techniques are important for an extremely anxious patient who is having difficulty breathing? It is so important to understand that a patient who is experiencing anxiety and is having difficulty breathing will Most likely have a hard time trying to speak.

Due to the increased breathing and elevated heart rate it's good to keep the questions short and direct. Another great form of communication is Nonverbal which includes eye contact, touch posture and facial expressions. I think the most important form is touch and facial expressions . It can be more effective than just verbal instructions. For example when the nurse is teaching deep breathing exercises or the brown paper bag method to slow respirations facial demonstrations are needed . The focus for this patient is to slow their respirations ! so that they are receiving enough oxygen and spo2 is at an appropriate percentage .

What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma?

- **Priority would be Identifying what triggers the asthma attacks and to avoid them such as smoking / dust / and any other allergy factors . Deep breathing techniques or diaphragmatic breathing are important for asthmatic patients because this aims to control asthmatic symptoms and strengthen the lungs . It is very important to also teach this patient about the importance of taking their medication as prescribed and the inhalation technique for a prescribed inhaler . Lastly, making sure that they have an understanding of the role that the medication plays in avoiding exacerbation.**

What discharge instructions regarding home medications would you provide the patient related to medications to use to alleviate symptoms of an acute asthma attack?

- **Regarding medications I would instruct the patient to take their medication as prescribed. I would also have them do a return demonstration on how to use the inhaler to ensure that they will be taking it correctly . To alleviate symptoms I would tell the patient to sit in an upright position and make a list of their triggers and avoid them. I would also refer them to an allergy specialist. And lastly educate the patient on the zones of peak flow . If by any chance their peak flow ends up in the red zone, call their doctor / 911 immediately for assistance.**

What resources would you recommend for the patient experiencing asthma?

- **I would recommend an Allergy specialist , education on peak flow zones , I would also recommend they purchase humidified air to help with breathing , avoiding smoke / second hand smoke. Stress management techniques are very important because without managing stress symptoms can exacerbate. Lastly I would recommend doing deep breathing exercises**

What is the importance of the asthma action plan in managing the care of a patient with asthma? **The importance of an asthma action plan is to prevent the patient from potentially dying or becoming**

unconscious. The Plan is to ensure the management of asthma and to identify when to go to the hospital .

What would you do differently if you were to repeat this scenario? How would your patient care change?

- **If I could repeat this scenario I would start by performing my assessment more quickly. I would do vitals first before just jumping to administer oxygen. Then I would proceed to check the doctor's order and start an IV immediately . I also think it's important to familiarize myself with the VISIM so I know where everything is to assist the patient faster. I skipped the interview portion of the VISIM because as her symptoms worsened I felt like my ABC's were priority Airway , Breathing , Circulation.**