RESPIRATORY DISEASES GUIDE

Asthma:
- Stress, overexertion, and infections can cause an asthma attack
- Symptoms:
  - Dypsnea and wheezing
  - Coughing and expectoration of sputum
- Treatment:
  - Oxygen therapy
  - Id the cause of attacks

Bronchitis:
- Acute Bronchitis:
  - Symptoms:
    - Dypsnea
    - Rales:
      - Chest pain & fever
  - Treatment of Acute Bronchitis:
    - Expectorants to remove excess mucus
- Chronic Bronchitis:
  - Occurs after frequent attacks of acute bronchitis and long term exposure to pollutants or smoking
  - Symptoms of chronic bronchitis:
    - Chest pain
    - Prolonged expiration of air
  - Treatment:
    - Antibiotics and bronchodilators

Chronic Obstructed Pulmonary Disease (COPD):
- Disorders such as chronic asthma, chronic bronchitis, emphysema, and tuberculosis leads to COPD
Prognosis is poor because damage to the lungs causes a deterioration or pulmonary function leading to respiratory failure and death.

**Emphysema:**

- Occurs when walls of the alveoli deteriorate and lose their elasticity
  - Poor exchange of gas
  - Most common cause is heavy smoking and prolonged exposure to air pollutants

**Symptoms:**

- Pain and a barrel chest
- Cyanosis
- Eventual respiratory failure and death

**Treatment:**

- Prompt treatment of respiratory infections
- Oxygen therapy and respiratory therapy
Epistaxis:
- Causes:
  - Chronic Infections
  - Blood decreases such as hemophilia or leukemia
- Treatment:
  - Nose plugs

Influenza or flu:
- Symptoms:
  - Cough, sore throat, and runny nose
- Treatment:
  - Antibiotics are not effective against viruses, but they are given at times to avoid secondary infections such as pneumonia

Influenza Vaccinations:
- Many different viruses cause influenza, so vaccines and developed each year to immunize against the most common viruses identified

Laryngitis:
- Frequently occurs with other respiratory infections
  - Symptoms:
    - Dysphagia, or difficulty swallowing
  - Treatment:
    - Rest and fluids
    - Medications if an infection is present

Lung Cancer:
- A preventable disease because the main cause is exposure to carcinogens in tobacco through smoking or through exposure to secondhand smoke
  - Three common types:
    - Small cell
Adenocarcinoma

- Symptoms:
  - Chronic cough
  - Hemoptysis:
  - Dyspnea and chest pain

- Prognosis is poor since the disease is usually advanced before it is diagnosed
- Treatment:

Pleurisy:

- Usually occurs with pneumonia or other infections
- Symptoms:
  - Crepitation, or grating sounds in the lungs

Pleurisy:

Treatment:

Medications to relieve pain and inflammation

If there is a fluid build up in the cavity: fluid should be drawn off of the lung to prevent pneumothorax
Pneumonia:
- Usually caused by a bacteria, a virus, protozoa, or chemicals

Treatment:
- Fluids
- Antibiotics if indicated
- Respiratory therapy
- Pain medication

Rhinitis:
- Inflammation of the nasal mucous membrane resulting in a runny nose, watery eyes, sneezing, soreness, and congestion

Treatment:

Sinusitis:
- Symptoms: headache, pressure, and dizziness
- Loss of resonance in voice
- Treatment:
  - Antibiotics if indicated, analgesics for pain, decongestants for mucus, moist inhalations, surgery for chronic sinusitis to open the cavities

Sleep Apnea:
• 2 kinds:
  ◦ Obstructive: caused by blocked air passages that occurs when the muscles that keep the airway open relax and allow the tongue and palate to block the airway
• Central Sleep Apnea:

• Common in men
• Factors:
  • Diagnosed when more than 5 periods of apnea lasting at least 10 seconds each occur during and hour of sleep
  • Treatment may also include a CPAP machine: provides continuous positive airway pressure which opens the airway during sleep
  • Treatment of central sleep apnea requires medication to stimulate breathing

Tuberculosis: TB:

• Occasionally WBC’s will wall off the TB organisms and create a nodule called a tubercle
• Can cause an active case later if immune system is suppressed
• Symptoms of an active case:
  • Weight loss
  • Hemoptysis or coughing up blood tinged sputum
  • Treatment:
    • Administration of drugs for one or more years to destroy the bacteria
    • Good nutrition and rest

Upper Respiratory Infection:

• Caused by viruses and is highly contagious
• Symptoms:
  • No cure and minimal treatment
  • Rest and fluids
  • Antihistamines to relieve congestion