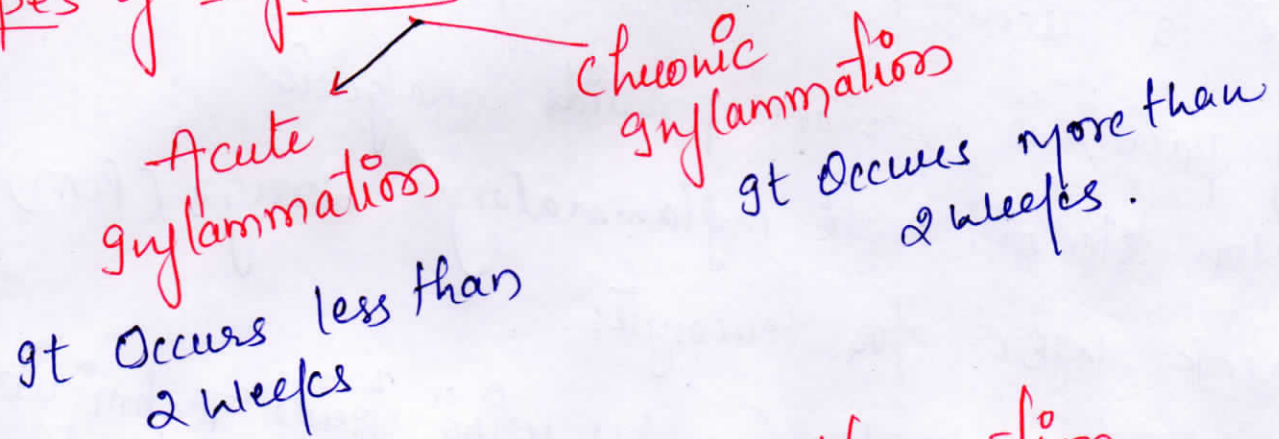


UNIT-3

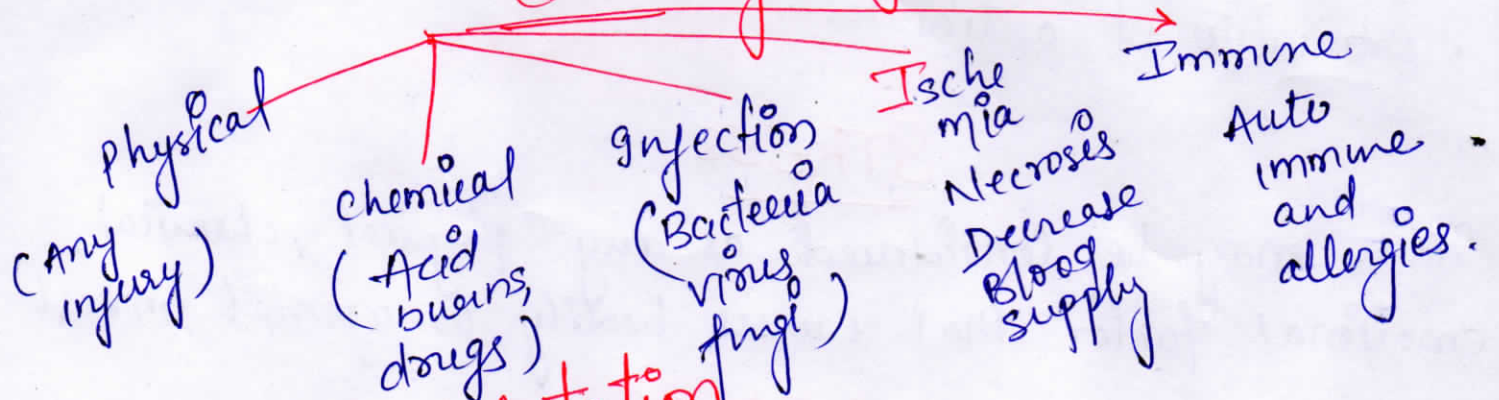
Inflammation

Inflammation is a phase of wound healing which occurs whenever there is a cellular injury. cellular injury may occur due to any trauma lack of oxygen nutrient supply to the cell. Entry of microorganism into the cells.

Types of Inflammation



Causes of inflammation



Clinical Manifestation

- Redness (Erythema)
- Warmth (Heat)
- Swelling of Edema
- Purulent exudates (pus)

- Pain
- Fever

Management of Inflammation

RICE Therapy

R - Rest

I - Ice

C - Compression

E - Elevation.

• If an extremities is inflamed, it is elevated to reduce the edema.

• Ice is used if pain is present.

• If pain is severe provide analgesic

• Non-steroid anti inflammatory drugs (NSAIDs)

• Check WBC for leucocytes

• Provide wound dressing by using sterile technique

• Administered antibiotics.

STRESS

Stress may be considered as any physical, chemical, emotional factor that causes bodily or mental unrest.

STAGES OF STRESS



Clinical Manifestation

- Headache
- Insomnia
- Increase BP
- Change bowel and bladder habit
- Anorexia
- Palpitation (↑sed pulse rate)
- Cold extremities.

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STRESS MANAGEMENT

By 4 A's

Avoid
the stressor

Alter the
stressor

Adapt
the
stressor

Accept
the
stressor.

- Identify the physiological and Psychological stress through Assessment of patient.
- Meditation
- Relaxation Exercise
- family support system.

Nutritional Consideration

- Nutrition is very essential for growth and development.
- Nutrition includes six category of nutrient, Carbohydrates, proteins, fats, water, vitamin, mineral.
- Nutrition play important role in control and treatment of disease like DM, hypertension, anemia, inflammatory bowel disease.

Assessment of nutritional status

$$BMI = \frac{\text{weight in kg}}{\text{height in (m}^2\text{)}}$$

BMI = Body Mass Index.

If BMI is 18.5 and less than 25 it indicates normal.

>25 and <30 it indicates Overweight.

>30 if the BMI is more than 30 it indicates obesity.