

# UNIT-8

## Respiratory Disorders And its Management

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### Respiratory Disorder

#### Upper Respiratory Disorder

- Epistaxis
- Sinusitis
- Pharyngitis
- Tonsillitis
- Laryngitis

#### Lower Respiratory Disorder

- Emphysema
- Asthma
- COPD
- pneumonia
- Bronchitis
- Bronchiectasis
- TB

Epistaxis → Epistaxis means bleeding from the nose.

Cause - Any injury  
Trauma  
Tumor  
Bleeding.

cm - Bleeding  
Pain.  
Giddiness.

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Management : → Hyperextended neck.

- Ice Therapy
- Anti biotics.

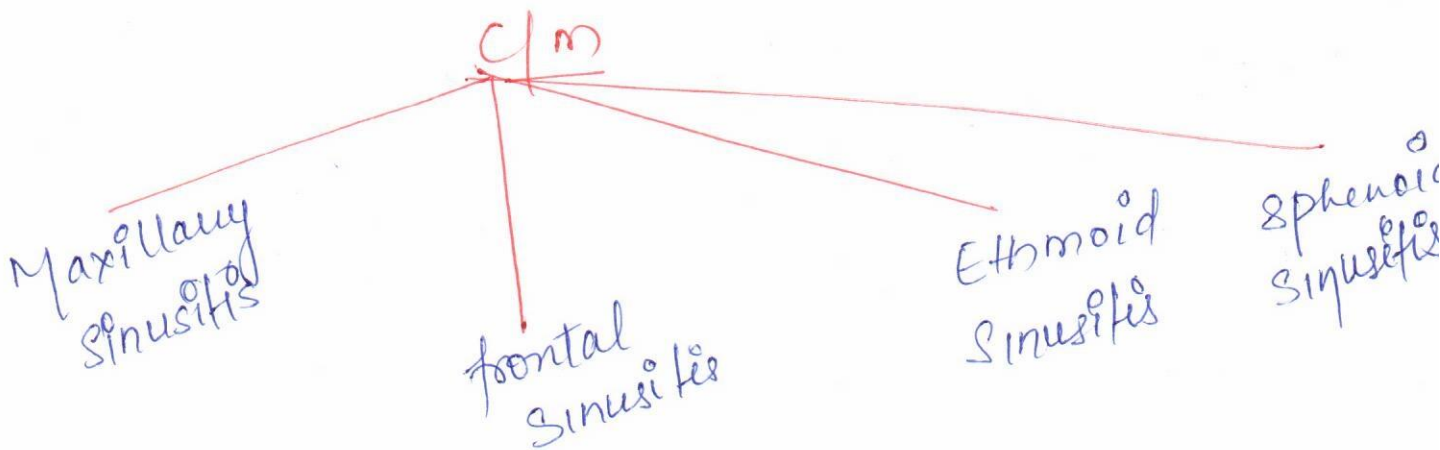
## SINUSITIS

Sinusitis is a condition consisting of inflammation of the paranasal sinuses. It may be or may not be result of bacterial, viral, allergic reaction

### Etiology

- Cold
- Allergies
- Bacterial
- Viral
- fungal infection

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- 2.
- Tiredness
  - Malaise
  - Bodyache
  - Decrease sense of smell.
  - Sore throat
  - Bad breath
  - Fever
  - Nasal discharge
  - Edema of eyelid.

## Diagnostic Test

X-Ray Examination

Rhinocopy

CT

## Management

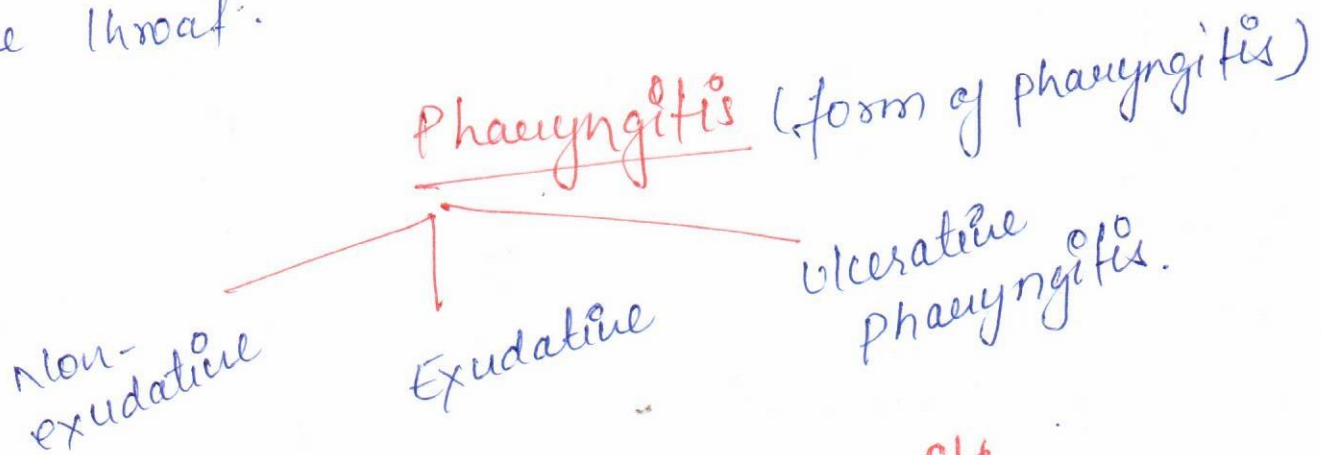
- Antibiotic Therapy
- Nasal Decongestant.
- Antihistamine.
- Steam inhalation.

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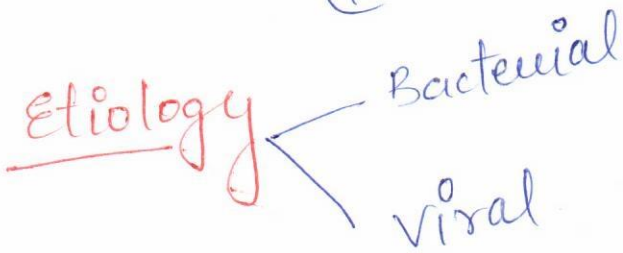
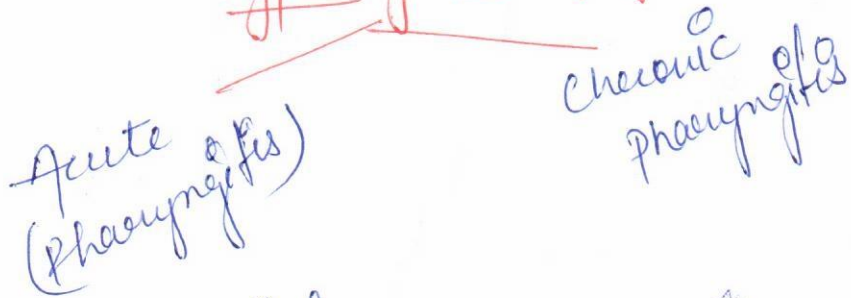
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# Pharyngitis

Pharyngitis is the inflammation of pharynx. It usually occurs when viruses from a cold, flu, sinus infection invade the throat.



## Types of Pharyngitis



- Sore throat
- Smoking
- Chemical irritant.
- Poor hygiene
- Lowered immunity.

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## Clinical Manifestation

- Sore, red throat
- fever
- Headache
- Earache
- Swollen gland
- Swollen lymph nodes
- Difficulty speaking
- Pain swallowing
- Breathing difficulty.

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## Diagnostic Test

- Throat swab culture.
- CT
- History taking.

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## Medical Management

- Antibiotic Therapy
- pain medication.
- Corticosteroid
- Antifungal

## NURSING MANAGEMENT

- Increase fluid intake
- Gargle with warm salt water.
- Suck on a throat lozenge or hard candy.
- Humidify the air.
- Avoid smoke and other air pollutant.
- Rest your voice.
- Avoid infecting others.

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## Laryngitis

It means inflammation of  
of the mucous membrane

larynx and swelling

## Types

Acute  
laryngitis.

Chronic  
laryngitis

## Causes

- Inhaled irritants.
- Chronic sinusitis.
- Excessive Alcohol use
- Smoking
- Cancer

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# CIM

- Weak voice and rawness in throat
- Tickling sensation
- Sore-throat
- Dry cough
- cold - flu - like symptoms
- Fever
- Swollen lymph nodes
- Fullness in throat
- Breathing Difficulty

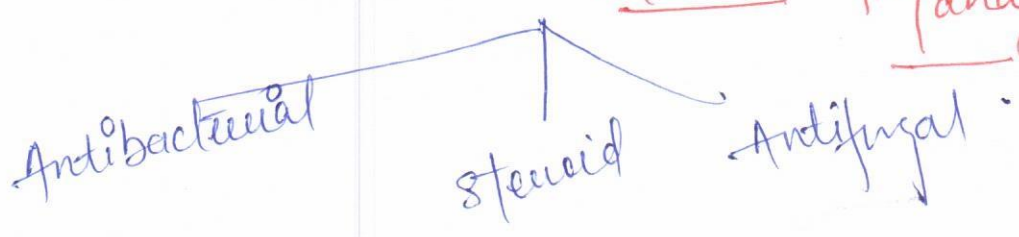
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## Istic Evaluation

- Laryngoscopy
- Biopsy
- Blood test -

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## Medical Management



## Tonsillitis

Tonsils are two small masses of tissue at the sides of the throat. When tonsils are infected, they will look swollen, red, tender.

## Etiology

- Bacterial
- Viral
- Epstein - Barr virus
- Cytomegalovirus
- Measles virus

## Clinical Manifestation

- Swelling and pain in the throat.
- Difficulty in swallowing.
- Fever and chills.
- Snoring.
- Headache
- Myalgia
- Stiff neck.
- Halitosis.

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## 5. Diagnostic Evaluation

- Cotton swab
- Culture
- Bacterial
- viral.

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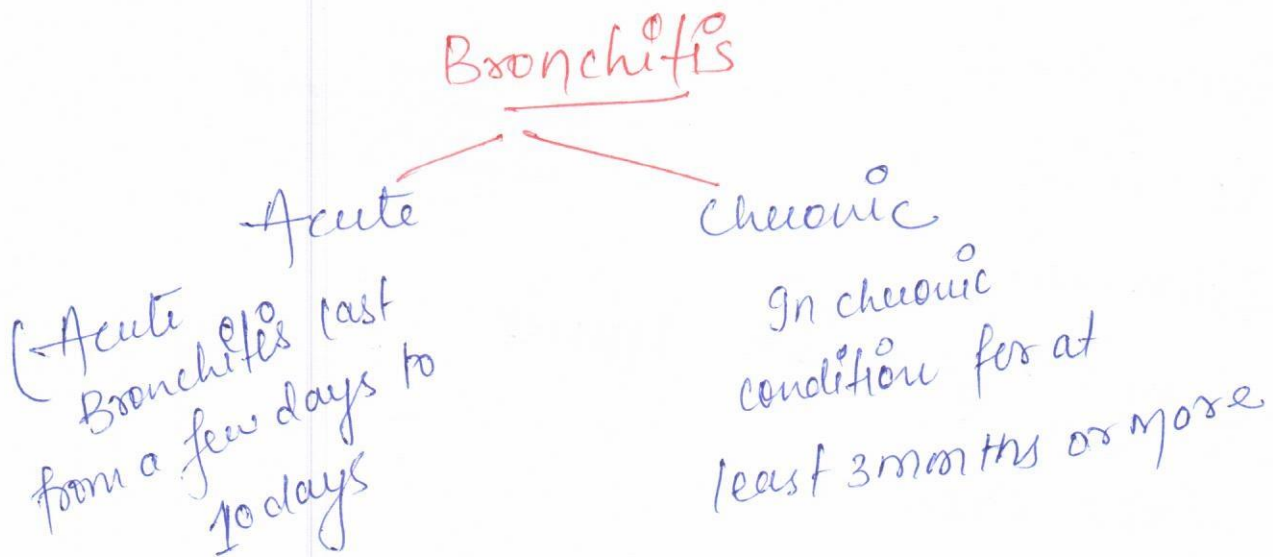
## Medical Management

- Analgesics - To relieve pain.
- Administer - Antibiotics

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## Bronchitis

Bronchitis is an inflammation of the lining of bronchial



## Causes

- Cold
- flu
- Influenza A and B
- chemical solvent
- smoking
- GERD.

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## Clinical Manifestation

Sore throat

fatigue

fever

Body ache

Runny nose

vomiting

Diarrhea.

yellow, greenish mucus

production

wheezing

SOB.

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# Diagnostic Evaluation

- Chest X-Ray
- Blood ~~X-Ray~~ Test
- Sputum Culture
- PFT
- pulse Oximetry.

# Management

- Given steam inhalations.
- Given Bronchodilatory - albuterol etc.
- Given oxygen therapy.
- Given semi-fowler's position.
- To give plenty of liquids.
- Anti-inflammatory drugs.

# Natural Treatment

honey, lemon, ginger, almonds. It reduces the symptoms of bronchitis.

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