

# **Chapter 30**

## **Nursing Care of Patients with Upper Respiratory Disorders**

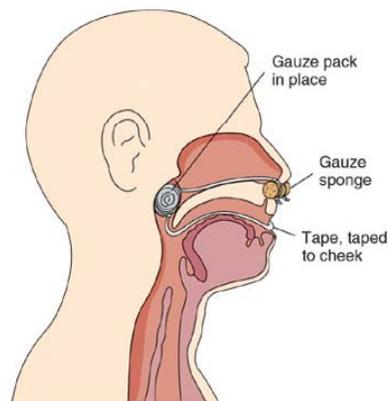
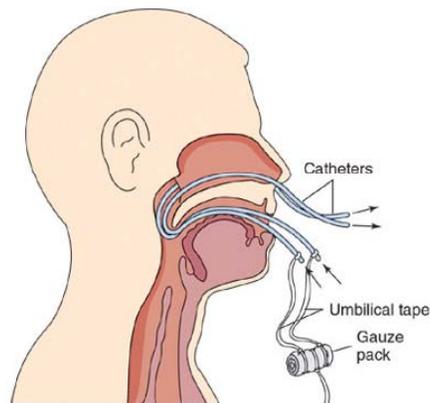
## Epistaxis

- Causes
  - ◆ Trauma
  - ◆ Hypertension
  - ◆ Hemophilia
  - ◆ Medications

## Therapeutic Interventions

- Positioning
- Direct Pressure
- Ice
- Nasal Packing
- Nasal Balloon Catheter
- Vasoconstrictive Agent
- Electrocautery

## Nasal Packing



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## Nasal Polyps

- Usually Benign
- Occur More Often with Allergies
- Treatment
  - ◆ Control Allergies
  - ◆ Surgery
  - ◆ Avoid Aspirin Postop

# Deviated Septum

- Symptoms
  - ◆ Stuffy Nose
  - ◆ Blocked Sinus Drainage
  - ◆ Headaches
- Treatment
  - ◆ Nasoseptoplasty

## Nursing Care Post Nasoseptoplasty

- Monitor Vital Signs/Bleeding
- Report Excess Swallowing
- Monitor Dressing
- Teach
  - ◆ Avoid Activities That Increase Pressure
  - ◆ Avoid Aspirin

## Sinusitis

- Inflammation of Sinus Mucosa
  - ◆ Bacterial
  - ◆ Allergic
- Signs and Symptoms
  - ◆ Pain Over Affected Sinus
  - ◆ Fever
  - ◆ Nasal Discharge

## Therapeutic Interventions

- Decongestants
- Hot Packs
- Saline Irrigation
- Acetaminophen/  
Ibuprofen
- Humidification
- Oral Fluids
- Positioning
- Antibiotics
- Surgical Drainage

# Infectious Disorders

- Rhinitis
- Pharyngitis
- Laryngitis
- Tonsillitis

## Prevention of Influenza

- Yearly Vaccination
  - ◆ At-Risk Individuals
  - ◆ Health Care Workers
- Handwashing
- Avoidance of Infected People

## Influenza

- Signs and Symptoms
  - ◆ Fever
  - ◆ Chills
  - ◆ Myalgia
  - ◆ Sore Throat
  - ◆ Cough
  - ◆ Malaise
  - ◆ Headache
- Therapeutic Interventions
  - ◆ Acetaminophen
  - ◆ Avoid Aspirin
  - ◆ Antiviral Agents
  - ◆ Rest
  - ◆ Fluids

## New Viruses

- Bird Flu
- SARS
- West Nile

## **Nursing Diagnoses: Upper Respiratory Infection**

- Acute Pain
- Hyperthermia
- Risk for Infection: Transmission to Others

## Cancer of the Larynx

- Pathophysiology
  - ◆ Primary Tumor of Mucosal Epithelium
  - ◆ Metastasizes to Lungs, Liver, Lymph Nodes
- Etiology
  - ◆ Associated with Smoking, Alcohol
  - ◆ More Common in Men

# Signs and Symptoms

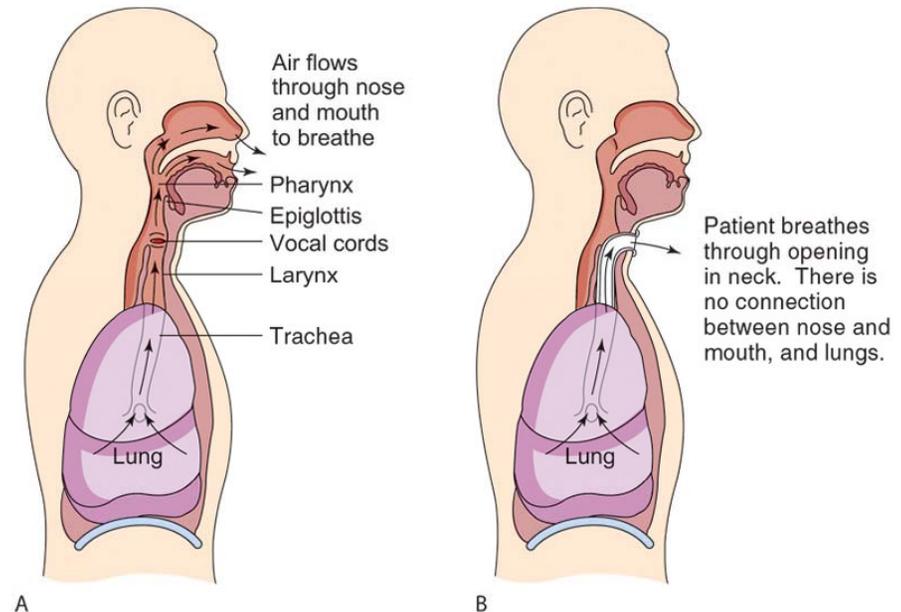
- Hoarseness
- Change in Voice
- Pain
- Dyspnea
- Cough
- Dysphagia
- Airway Obstruction

## Diagnosis

- Laryngoscopy
- CT
- MRI

## Therapeutic Interventions

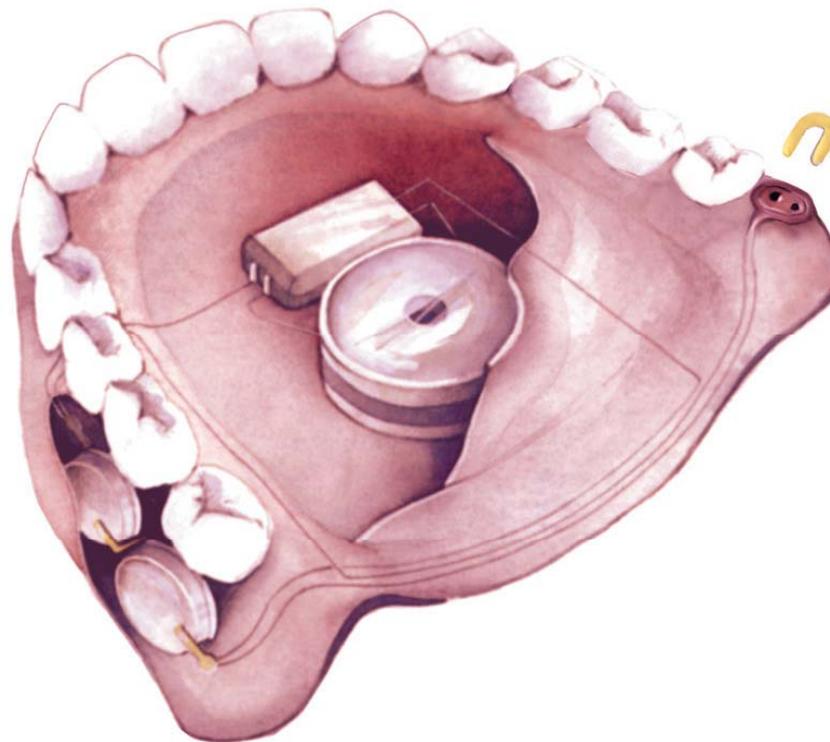
- Radiation
- Chemotherapy
- Laryngectomy



## Postoperative Nursing Diagnoses

- Ineffective Airway Clearance
- Acute Pain
- Impaired Verbal Communication
- Imbalanced Nutrition
- Impaired Swallowing
- Grieving
- Disturbed Body Image

## Speech



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