

Asthma Plag Report

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Asthma

During an Acute Exacerbation of Asthma, there is an inflammation and swelling of the airways, causing the production of extra mucus, making the bronchial tubes narrow. The result is wheezing and being unable to breathe. Laura might have been experiencing mild to severe asthma symptoms; some of the clinical manifestations include consistent and recurrent wheezing episodes, coughing and shortness of breath, tightening of the chest, and increased reliance on inhalers. Aminophylline is a medication used along with other types of drugs to treat severe cases of asthma, and although the medication is life-changing, it can have mild to life-changing side effects. Aminophylline belongs to a category of medicines called bronchodilators whose primary function is to relax the muscles of the airways to reduce wheezing, coughing, and shortness of breath and increasing the volume of air passing through the airways. Some of the side effects brought about by this medication are chest pains, irregular heartbeats, dizziness, seizures, persistent vomiting, and lightheadedness. Before administering Aminophylline, the healthcare provider ought to get some very critical information about Laura, whether she is allergic to the medication, if she has had ulcers before, or if she is taking other medications. Having all this information will guide the healthcare practitioner on the necessary steps to take.

The body of an asthmatic person usually responds to different environments differently. Some factors that might have precipitated the asthmatic attack are dust mites at home, furry pets if Laura is allergic to them, disinfectants at home, cold weather, especially if it is around winter,

or just returned to school after the summer break, and dry cold air. A Peak Flow Meter is a device used to check how effective air moves out of the lungs among asthmatic patients. The parents need to be guided on the proper procedure when measuring the effectiveness of air moving out of the lungs and when to take quick action. A metered Dose Inhaler is a small canister pressurized to deliver medicines straight to the child's lungs. It should be used along with a spacer or valve to get more medication in the lungs rather than the mouth. After diagnosis, the nurse has some of the following goals, ensure that patient remains free of respiratory distress, manifests independence of any respiratory distress, and can have optimal gas exchange without much labor. Laura might be diagnosed with some of the following, Ineffective Airway Clearance, Anxiety, Fatigue, and Activity intolerance at the hospital. Self-management of asthma must be taught; some of the critical elements that ought to be included are;

- Self-written asthma action plan
- Use of various devices for controlling and managing asthma
- Correct usage of medications
- Importance of avoiding asthma triggers
- Techniques for monitoring symptoms

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