

Student Name

Concept

Review Module Chapter

Pulmonary Embolism

Related Content	Underlying Principles	Nursing Interventions
• Also known as PE, describes a disease caused by blockage of pulmonary artery due to blood clotting or foreign material • Blood clots mostly occur in the legs, rarely in other parts of the body • It is a life-threatening disease since the blood clots block blood from flowing into the lungs. • Blockage of blood vessels may be caused by other substance other than blood clots. These may include fat from the bone marrow of a broken leg bone, tumor parts, collagens, and parts of a tumor. • Blood clots may be caused when someone subjects himself to long periods of inactivity such as bed rests and long trips.	Symptoms of the disease include: • Shortness in breath, which tends to appear suddenly but worsens upon exertion. • Pain in the chest area- Pain worsens when one breathes heavily, coughs, and while eating. • Swelling of legs and pain in the calf area. • Fever • Profuse sweating • Rapid and/or irregular heartbeat • Dizziness • Cough that produces a bloody sputum	• Prompt treatment once diagnosed • Necessary medical measures should be taken to prevent blood from clotting in the legs • One should seek treatment when one starts experiencing the symptoms of the disease. • About one third of people don't survive if the disease is not diagnosed early enough and treated promptly. • One way of preventing acquiring the disease is through prevention of blood clots in the veins of your legs

• Other factors that may put someone at risk of acquiring the disease include smoking, being overweight, supplemental estrogen and during pregnancy periods.		
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Pneumothorax

Related Content	Underlying Principles	Nursing Intervention
• Pronounced as ‘noo-moe-THOR-aks’ • It basically means a collapsed lung, caused when there is air leakage in the space between the lungs and the chest walls. • Most people diagnosed with the disease are characterized by only a portion of the lung collapsing • It is caused by many factors e.g. damage from an underlying disease, chest injury penetrating inside the body into the lung areas, or certain medical procedures, lung diseases, ruptured air blisters, mechanical ventilation • Severe cases of the disease might lead to death	Some of the disease symptoms include: • Pain in the chest area • Short breathes Some risk factors of this disease include: • Sex- Men are more likely to be diagnosed with pneumothorax than women • Smoking- smokers are highly likely to acquire the disease than non-smokers • Genetics – the disease may appear to occur in families • Previous pneumothorax- Someone who has been diagnosed with the disease before has a higher chance of contracting the disease again, usually one or two years after the first diagnosis.	• Treatment of the disease involves removing the excess air between the lungs and the chest area by inserting a flexible tube in between the ribs. • Even though some of the disease symptoms can be caused by a various factors, it is always advisable to seek immediate healthcare once you start witnessing difficulty in breathing and severe chest pains. • Patients who are diagnosed with the disease on more than on occasion are advised to seek surgical treatment in order to remove the infection completely.

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Fluid Volume Excesses

Related Content	Underlying Principles	Nursing Intervention
• Also known as Hypervolemia, or fluid overload • A condition where someone has too much fluids in the blood • This condition is mainly caused by a rise in the sodium content which causes extracellular body water to increase • Excessive intake of sodium in foods may cause infection of the disease • Liver cirrhosis • Nephrotic syndrome • Low protein intake	Disease symptoms include: • Increased weight due to the buildup of excess fluids in the body • Swelling of arms and legs • Short breathes caused by fluids building up in the lung area • Increase in central venous pressure due to short breathes. • Swelling of the face • Difficulty in nighttime breathing and sleeping due to fluids in the lung area. • Fluid overload can lead to heart failure in severe cases • Altered electrolytes • Changes in Blood pressure • Central venous pressure (CVP) increases	• Administering diuretics • Limit amount of water intake in the body • Limit the amount of sodium and salt intake in the body in order to return compartment in extracellular parts to normal conditions • Ultrafiltration • Dialysis • Monitoring fluid intake and outtake is necessary • Excessive response to diuretics should be regularly checked. Diuretics are very essential in aiding the excretion of excess body fluids. • Interventions on certain etiological factors are important, such as medication for heart failure since

	• Pulmonary artery diastolic pressure increases • Restlessness • Tachcardia	they give direction for subsequent interventions. • Admission to an acute care setting is necessary during severe disease syndrome for hemofiltration and ultrafiltration purposes.
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Hypokalemia

Related Content	Underlying principles	Nursing Intervention
• This condition occurs when potassium levels in the body are too low. • Potassium is a very important electrolyte in the body since it is involved in proper functioning of nerve and muscle cells, especially heart muscle cells. • It is also known as hypokalemic syndrome, low potassium syndrome	• There are no signs or symptoms witnessed when one is diagnosed with mild hypokalemia • Symptoms start to occur when potassium levels are extremely low. The symptoms in early stages of the disease include: • Fatigue • Weakness • Constipation • Muscle cramping	• A person diagnosed with the condition should be hospitalized, and regular heart monitoring should be done in order to ensure a normal heart rhythm. • A multi-step approach is required while treating low potassium levels, through the removal of the causes, and later restoring the

or hypopotassemia syndrome. • The levels of potassium required in the body should be between 3.6 and 5.2 millimoles per liter, where 3.6 millimoles is considered as low levels, while anything below 2.5 mmol/L is considered as life-threatening low. • The disease is caused due to low intake of potassium • In many cases, hypokalemia is usually a symptom of another condition ailing a person. Some of these conditions are Bartter syndrome, Gitelman syndrome and Liddle syndrome	• Palpitations Symptoms which are witness when potassium levels are below 2.5 mmol/L include: • Paralysis • Muscle tissue breakdown • Lazy bowels (ileus) • Failure in respiratory system	potassium levels to the right amount. • Potassium levels should be regularly monitored while the patient is in hospital in order to avoid the patient acquiring hyperkalemia again.
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