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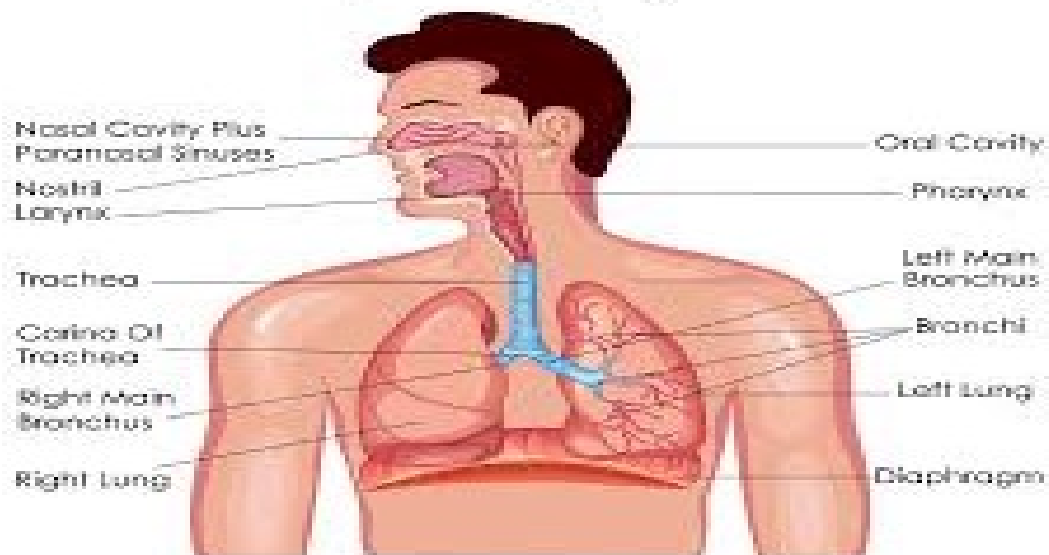
**FACULTY OF NURSING**

**By Shruti Gupta**

# UPPER RESPIRATORY TRACT DISORDERS



Respiratory System





## **LIST OF RESPIRATORY DISORDERS**

- PHARYNGITIS
- LARYNGITIS
- SINUSITIS
- TONSILLITIS
- EPISTAXIS

# Pharyngitis

Pharyngitis is inflammation of the pharynx, which is in the back of the throat. It's most often referred to simply as "sore throat." Pharyngitis can also cause scratchiness in the throat and difficulty swallowing.

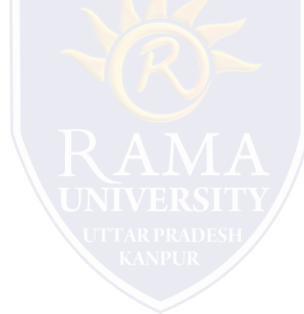


## **Causes of** **pharyngitis**

- [measles](#)
- adenovirus, which is one of the causes of the [common cold](#)
- [chickenpox](#)
- [croup](#), which is a childhood illness distinguished by a barking cough
- [whooping cough](#)
- group A *streptococcus*

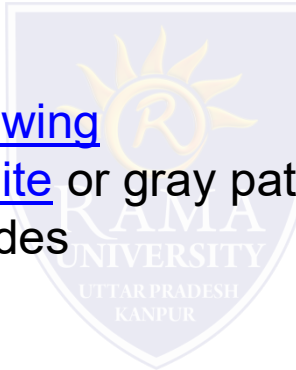
# CLINICAL MENFESTATION

- [sneezing](#)
- runny nose
- [headache](#)
- [cough](#)
- [fatigue](#)
- [body aches](#)
- [chills](#)
- [fever](#) (a low-grade fever with a cold and higher-grade fever with the flu)



# symptoms

- [Difficulty in swallowing](#)
- red throat with [white](#) or gray patches
- swollen lymph nodes
- fever
- chills
- loss of appetite
- [nausea](#)



# **DIAGNOSTIC EVALUATION**

- History collection
- Physical examination
- Blood investigation
- Rapid streptococcal antigen test.
- CST
- Throat culture



# **MANAGEMENT**

*Medical management:*

- *Antibiotics – Doxycycline, Azithromycin*
- *Antiinflammatory drugs*
- *Pottasium permaganate*
- *Soft and bland diet*
- *Antipyritic drugs-paracetamol*

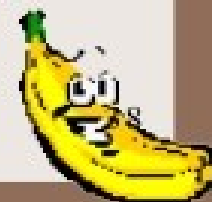


# Nursing Management

- If the child has a fever, paracetamol liquid (Calpol or Disprol, for example) or ibuprofen should be given.
- The child's clothing can be removed if the room is warm.
- Cough medicines that cause drowsiness should be avoided.
- The child should avoid smoky environments.

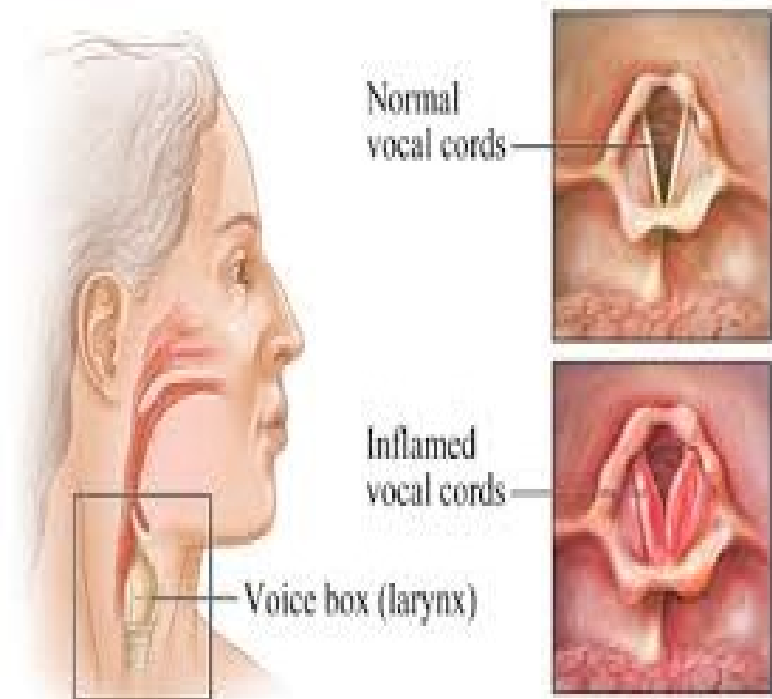


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# Laryngitis

*Laryngitis is swelling and inflammation of the larynx. It can be acute or chronic, although in most cases the condition is temporary and has no serious consequences.*



# CAUSES

Viral infections, Bacterial infections:

[acid reflux](#), a condition in which stomach acid and contents are brought back up into the throat

bacterial, fungal, or parasitic infection

chronic [sinusitis](#)

excessive coughing

exposure to inhaled irritants, such as allergens or toxic fumes

high alcohol intake

habitual misuse or overuse of voice

smoking, including secondhand smoke

use of inhaled steroid medicines, such as [asthma](#) inhalers

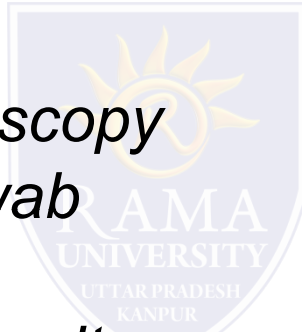
# Symptoms

- Laryngitis can cause a wide range of symptoms in adults, [including](#):
- hoarseness
- difficulty with speech
- throat pain
- low [fever](#)
- persistent cough
- frequent throat clearing
- [headache](#)
- swelling in the glands
- runny nose
- pain while swallowing
- [fatigue](#) and malaise



# **DIAGNOSTIC** **EVALUATION**

- *Laryngeoscopy*
- *Throat swab*
- *Biopsy*
- *Microbial cultures*
- *X-Ray*
- *Blood tests*



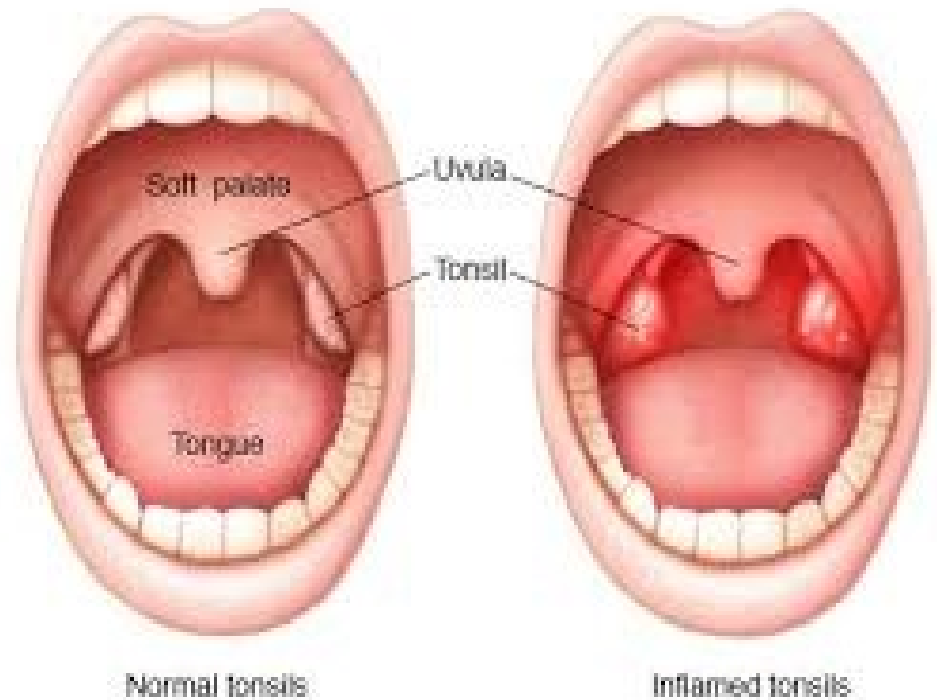
# Laryngitis

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- **Medical Management**
  1. Resting voice & avoid smoking
  2. Inhale cool steam or an aerosol
  3. Conservative treatment
  4. Antibiotics for bacterial organisms
- **Nursing Management**
  1. Rest voice
  2. Maintain a well humidified environment
  3. Daily fluid intake

# **TONSILLITIS**

Tonsillitis is inflammation of the tonsils, two oval-shaped pads of tissue at the back of the throat — one tonsil on each side. Signs and symptoms of tonsillitis include swollen tonsils, sore throat, difficulty swallowing and tender lymph nodes on the sides of the neck.





## **CLINICAL** **MENIFSTATION**

- Red, swollen tonsils
- White or yellow coating or patches on the tonsils
- Sore throat
- Difficult or painful swallowing
- Fever
- Enlarged, tender glands (lymph nodes) in the neck
- A scratchy, muffled or throaty voice
- Bad breath
- Stomachache, particularly in younger children
- Stiff neck
- Headache



## CAUSES

- Viral infection –rhino virus
- Bacterial infections
- Streptococcus-Strep throat
- Spirochete, Treponema



# DIAGNOSTIC EVALUATION

- **Throat swab**
- **Rapid strep test**
- **Blood examination**
- **Examination by tongue depression**





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## Treatment:

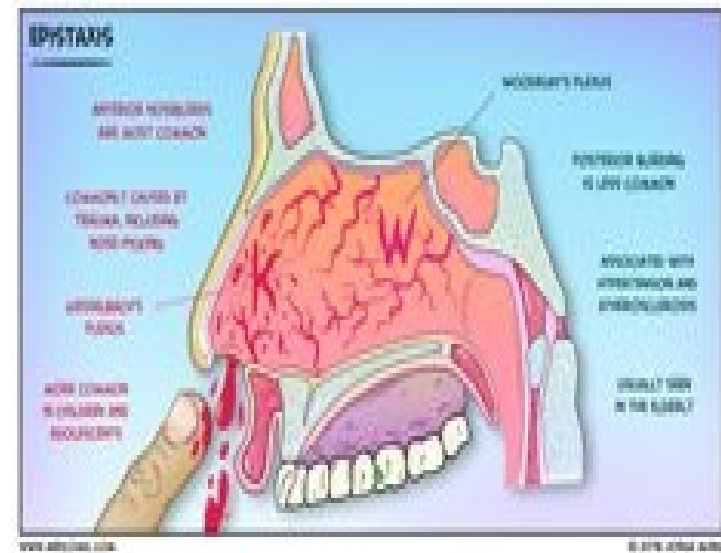
1. Saline gargle (Mouthwash if needed)
  2. Analgesics (Ponstan, Brufen)
  3. Antipyretics & Increase fluid intake
  4. Soothing Lozenges (Orofar-L, Strepsils)
  5. Antibiotics (Penicillin is drug of choice)  
but may use erythromycin & cefuroxime
  6. Tonsillectomy for recurrent chronic cases
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## Nursing management of the surgical clients

- After tonsillectomy, place the client in a lateral decubitus position until the client awake and alert.
- Monitoring vital signs, hemorrhage is the most serious complications.
- Start oral feeding if once recovery from anesthesia.
- Pain is the first 7 to 10 post operative days

# EPISTAXIS

Epistaxis is defined as acute hemorrhage from the nostril, nasal cavity, or nasopharynx. It is a frequent emergency department (ED) complaint and often causes significant anxiety in patients and clinicians.



## CAUSES

- Nose picking.
- Colds (upper respiratory infections) and sinusitis, especially episodes that cause repeated sneezing, coughing and nose blowing.
- Blowing your nose with force.
- Inserting an object into your nose.
- Injury to the nose and/or face.
- Allergic and non-allergic rhinitis (inflammation of the nasal lining).
- Blood-thinning drugs (aspirin, non-steroidal anti-inflammatory drugs, warfarin, and others).
- Cocaine and other drugs inhaled through the nose.
- Chemical irritants (chemicals in cleaning supplies, chemical fumes at the workplace, other strong odors).
- High altitudes. The air is thinner (lack of oxygen) and drier as the altitude increases.
- Deviated septum (an abnormal shape of the wall that separates the two sides of the nose).

## CLINICAL MENIFESTATION

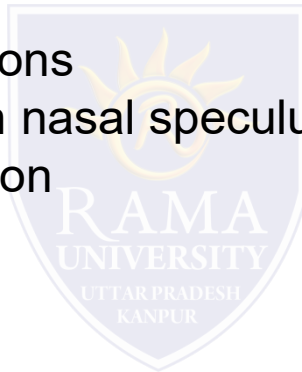
- Blood nose
- Hypertension
- Nasal congestion
- Trauma
- Fever
- Pain
- Bloody sputum
- Dyscomfort





## DIAGNOSTIC EVALUATION

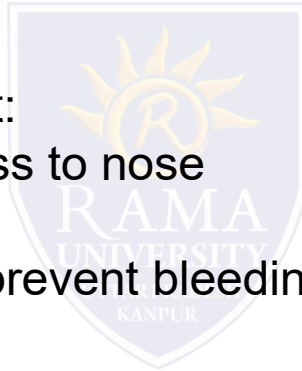
- Lab investigations
- Inspection with nasal speculum
- History collection
- X-Ray
- C.T Scan



# MANAGEMENT

Medical management:

- Apply direct compress to nose
- Nasal packing
- Trenexamic acid to prevent bleeding
- Ice pack
- Analgesics



## Nursing management

- Monitor for hypoxia if using nasal packing
- Monitor blood pressure.
- Application of water soluble ointment around the nares to provide lubrication, help alleviate the discomfort.
- For surgical client observed for additional bleeding
- Advice open discharge to minimize activity for 10 days.