

OXYGENATION

Respiratory System in Oxygenation

- Respiration:** The process of exchanging gases between the body and the environment.
- Inhalation:** The process of taking air into the lungs.
- Exhalation:** The process of releasing air from the lungs.
- Diffusion:** The movement of gases from an area of high concentration to an area of low concentration.
- Oxygenation:** The process of adding oxygen to the blood.

Types of Oxygenation

- Arterial Oxygenation:** The process of adding oxygen to the arterial blood.
- Venous Oxygenation:** The process of adding oxygen to the venous blood.
- Capillary Oxygenation:** The process of adding oxygen to the capillary blood.
- Cellular Oxygenation:** The process of adding oxygen to the cells.

Factors Affecting Oxygenation

- Age:** Oxygenation decreases with age.
- Gender:** Males have higher oxygenation than females.
- Height:** Taller people have higher oxygenation.
- Weight:** Heavier people have higher oxygenation.
- Activity:** Active people have higher oxygenation.
- Environment:** High altitude has lower oxygenation.
- Disease:** Lung disease has lower oxygenation.
- Medication:** Some medications affect oxygenation.

Assessment of Oxygenation

- Color:** Pale, cyanotic, or flushed.
- Respiratory Rate:** Normal is 12-20 breaths per minute.
- Respiratory Sound:** Clear, crackles, or wheezes.
- SpO2:** Normal is 95-100%.
- ABG:** Normal pH is 7.35-7.45, PaCO2 is 35-45 mmHg, PaO2 is 80-100 mmHg, HCO3- is 22-26 mEq/L.

Interventions for Oxygenation

- Oxygen Therapy:** Nasal cannula, oxygen mask, or mechanical ventilation.
- Positioning:** Semi-Fowler's position.
- Humidification:** To prevent dryness.
- Monitoring:** SpO2, ABG, and respiratory status.

NUTRITION

Types of Nutrition

- Macronutrients:** Carbohydrates, proteins, and fats.
- Micro nutrients:** Vitamins and minerals.

Macronutrients

- Carbohydrates:** Provide energy for the body.
- Proteins:** Build and repair tissues.
- Fats:** Provide energy and insulation.

Micro nutrients

- Vitamins:** Essential for various body functions.
- Minerals:** Essential for various body functions.

Assessment of Nutrition

- Weight:** Normal weight range.
- Appetite:** Normal appetite.
- Intake:** Normal food and fluid intake.
- Output:** Normal stool and urine output.

Interventions for Nutrition

- Meal Planning:** Balanced diet.
- Food Preparation:** Safe and healthy.
- Feeding:** Assist with eating.
- Monitoring:** Weight, intake, and output.

ELECTROLYTE IMBALANCES

Electrolyte Imbalance	↓ Na ⁺	↑ Na ⁺	↓ K ⁺	↑ K ⁺
Causes	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure
Signs	• Nausea • Vomiting • Headache • Confusion • Seizures	• Nausea • Vomiting • Headache • Confusion • Seizures	• Nausea • Vomiting • Headache • Confusion • Seizures	• Nausea • Vomiting • Headache • Confusion • Seizures
Interventions	• Fluid restriction • Sodium supplements	• Fluid restriction • Sodium supplements	• Fluid restriction • Sodium supplements	• Fluid restriction • Sodium supplements
Electrolyte Imbalance	↓ Ca ²⁺	↑ Ca ²⁺	↓ Mg ²⁺	↑ Mg ²⁺
Causes	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure
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Interventions	• Fluid restriction • Calcium supplements	• Fluid restriction • Calcium supplements	• Fluid restriction • Magnesium supplements	• Fluid restriction • Magnesium supplements
Electrolyte Imbalance	↓ Cl ⁻	↑ Cl ⁻	↓ P ³⁺	↑ P ³⁺
Causes	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure	• Excessive fluid intake • SIADH • Heart failure • Kidney failure
Signs	• Nausea • Vomiting • Headache • Confusion • Seizures	• Nausea • Vomiting • Headache • Confusion • Seizures	• Nausea • Vomiting • Headache • Confusion • Seizures	• Nausea • Vomiting • Headache • Confusion • Seizures
Interventions	• Fluid restriction • Chloride supplements	• Fluid restriction • Chloride supplements	• Fluid restriction • Phosphorus supplements	• Fluid restriction • Phosphorus supplements

SKIN AND WOUND CARE

Types of Skin Lesions

- Macules:** Flat, discolored areas of skin.
- Papules:** Raised, solid areas of skin.
- Plaques:** Raised, flat-topped areas of skin.
- Urticaria:** Raised, itchy areas of skin.
- Wheals:** Raised, itchy areas of skin.
- Cracks:** Fissures in the skin.
- Scabs:** Dried exudate on the skin.
- Ulcers:** Open sores on the skin.
- Wounds:** Breaks in the skin.
- Scars:** Marks left by healed wounds.

Assessment of Skin

- Color:** Pale, red, yellow, or blue.
- Texture:** Smooth, rough, or scaly.
- Temperature:** Warm or cool.
- Moisture:** Dry or moist.
- Integrity:** Intact or broken.

Interventions for Skin

- Moisturization:** Apply lotion or cream.
- Protection:** Use sunscreen or protective barrier.
- Debridement:** Remove dead tissue.
- Wound Care:** Clean, dress, and monitor.

HYGIENE

Types of Hygiene

- Personal Hygiene:** Bathing, grooming, and nail care.
- Environmental Hygiene:** Cleaning and disinfecting surfaces.
- Food Hygiene:** Safe food handling and preparation.
- Water Hygiene:** Safe water consumption.

Assessment of Hygiene

- Hand Hygiene:** Proper handwashing technique.
- Surface Hygiene:** Clean and disinfected surfaces.
- Food Hygiene:** Safe food handling and preparation.
- Water Hygiene:** Safe water consumption.

Interventions for Hygiene

- Hand Hygiene:** Teach proper handwashing technique.
- Surface Hygiene:** Clean and disinfect surfaces.
- Food Hygiene:** Teach safe food handling and preparation.
- Water Hygiene:** Teach safe water consumption.

URINARY ELIMINATION

Types of Urinary Elimination

- Normal:** Regular voiding of urine.
- Abnormal:** Incontinence, retention, or dysuria.

Assessment of Urinary Elimination

- Voiding Pattern:** Frequency, volume, and color.
- Urine Color:** Clear, yellow, or cloudy.
- Urine Odor:** Normal or foul.
- Urine pH:** Normal or abnormal.
- Urine Specific Gravity:** Normal or abnormal.

Interventions for Urinary Elimination

- Fluid Intake:** Encourage adequate fluid intake.
- Voiding Schedule:** Establish a regular voiding schedule.
- Urine Testing:** Monitor urine for abnormalities.
- Medication:** Administer as prescribed.

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