CHAPTER 53 INTRODUCTION TO THE RESPIRATORY SYSTEM – MODULE 10

Upper Respiratory Tract - nose, mouth, pharynx, larynx, trachea (no gas exchange)

Lower Respiratory Tract - bronchi & alveoli make up the lungs (gas exchange)

Nasal cavity → larynx → pharynx → trachea → bronchi

Vasoconstriction = Bronchiole dilation

CHAPTER 54 DRUGS ACTING ON THE UPPER RESPIRATORY TRACT

Pulmicort (budesonide) inhaler – also a glucocorticoid – no drug-drug interactions – nasal spray – treats seasonal allergic rhinitis – direct local effect – may take 2-3 weeks for effects & does Not treat acute asthma – don’t give w/ infection and advice to stay away from airborne infection – AE: rebound congestion (nasal passage becomes congested as decongestant wears off)

Administration of nasal and inhaled medications - onset immediate, peak 10-30 min, duration 4-6 hrs

Shake before use – prime pump (8 times) before first use & again after 2 days non-use (found on Lippincott)

Acetylcysteine – Mucolytic (increase/liquefy resp. secretion to clear up airway for thick secretions & post op) – used to treat acetaminophen toxicity – when taken with mask, wipe residue off with plain water – don’t use with peptic ulcer, bronchospasm, or esophageal varices

Diphenhydramine – Antihistamine (blocks chemical release during inflammation that increases secretions & narrows airways) 1st gen (sleeping drug/sleep aid) avoid alcohol – take on empty stomach (1hour before or 2hours after)

OTC cold and flu remedy use and pt/ parent teaching –

Many OTC drugs include antihistamines – monitor OTC for overdose – understand masking symptoms – cough and cold medicine should not be used in children under 4 years age

Guaifenesin – adverse reactions

N&V, headache, dizziness, rash. Guaifenesin is an OTC. Most important consideration is discovering cause of underlying cough. These OTCs should not be used more than 1 week.

Actions, indications and nursing considerations for the following antitussives: Benzonatate (Tessalon), Guaifenesin (Mucinex), Dextromorphan (Benylin), and Hydrocodone (Hycodan)

Antitussives – drugs that block cough reflex, used for nonproductive cough. Provide other measures to relieve cough such as humidity, cool temp., increase fluids, use of topical lozenges