**Suggested Answers to Discussion Topics, Chapter 31, The Respiratory System**

| Suggested Answers for Topics for Discussion | Learning Objectives |
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| 1a. Students’ responses should include the following:   * Be aware that their age has affected their breathing. * Observe for and report fluid-like, gurgling sounds in the throat or chest. * Report immediately a pulse oximeter reading below 90%. * Observe skin color. Report blue- or gray-tinged skin, either with activity or at rest. * Observe for productive cough, and report abnormal sputum color and amount. * Observe for increasing shortness of breath. Report increase to the nurse. * Observe the rate and depth of respirations and report abnormal breathing to the nurse. * Observe for absence of breathing and report immediately to the nurse. * Observe for and report any complaints of pain while breathing. * Report elevated temperature and abnormal vital signs to the nurse immediately.   1b. Students’ responses should include the following:   * Make sure there is a “No Smoking” sign posted outside the door. * Make sure all electrical equipment being used in the room is in good working order. * Keep the oxygen tubing free of kinks and pressure. * With each patient contact, check to make sure the flow rate is set properly to what is ordered. Report any deviation to the nurse immediately. * If delegated to you, obtain pulse oximeter reading and report results to the nurse. * Do not remove the delivery device. * Monitor the water level in the humidity bottle. Fill as needed. * Keep the skin under the delivery device clean and dry, and observe for redness or skin irritation behind the ears, over the cheeks, or under the nose. * Provide frequent oral care as directed by the nurse or the care plan. | 4, 5, 6,7 |
| 2a. Students’ responses should include the following:   * Ginny may be very frightened and is struggling to meet their safety and security needs. * They might fear they could suffocate and die alone. * They may be trying to make sure someone will come quickly when she needs help.   2b. Students’ responses should include the following:   * Spend time with Ginny and check on them frequently even when they have not asked for assistance. * Position them in Fowler’s or semi-Fowler’s position to assist them to breathe. * Assist them to lean on a pillow placed on their overbed table to allow better expansion of the chest cavity. * If not restricted, offer them plenty of fluids to thin secretions. * Provide frequent oral care. * Provide good skin care and a back rub. * Keep their bed clean and wrinkle-free. | 5, 6, 7 |