

Sample Nursing essay on COPD

Tobacco smoking is the single most common cause of Chronic Obstructive Pulmonary Disease (COPD). COPD is a disease where air flow to certain or all parts of the lungs is blocked. This blockage makes it harder for someone to breathe. COPD also makes it more difficult for oxygen to enter and leave the blood stream. The two main forms of COPD are emphysema and chronic bronchitis.

Emphysema occurs when there is irreversible destruction in parts of the lungs, including damage in alveoli which are tiny sacs that allow oxygen to pass into the blood stream. Chronic bronchitis happens when there are hypersecretions along with inflammatory reactions in the mucous membranes leading to excessive airway mucus production. In both emphysema and chronic bronchitis, the air that a person breathes out is more difficult to exhale than when they inhaled it into their lungs.

Chest X-rays are used for diagnosis of COPD in patients with a history of smoking or other risk factors for lung disease to look for signs such as enlargement in size of the heart due to high blood pressure from fluid overload. Other diagnostic tests include spirometry, respiratory flow rates, arterial blood gases, carbon monoxide diffusing capacity, pulse oximetry and others including exercise testing. The treatment goal for COPD is an overall decrease in symptoms and improved quality of life. If there was a time where medication wasn't effective in a person with COPD, the next step is taking part in a smoking cessation program. In severe cases of COPD, supplemental oxygen may be needed to ease breathing disorder symptoms.

In order for someone who has been diagnosed with COPD to have an early recovery from lung problems and better quality of life they need to stop smoking immediately. Smoking cessation is very important because it decreases the risk of developing further complications such as pneumonia and heart disease caused by smoking tobacco.

When treating a patient with Chronic Obstructive Pulmonary Disease (COPD), one should consider methods that would improve their quality of life, decrease symptoms and reduce the risks associated with this disabling disease.

One way to manage emphysema is by using supplemental oxygen to decrease the work of breathing. It also helps increase airway flow rates, relieve respiratory acidosis and improve pulmonary function. Another way for someone with COPD to have an early recovery from lung disease is to stop smoking immediately. Smoking cessation has been shown to reduce the risk of developing further complications such as pneumonia and heart disease that are caused due to tobacco usage. Lessening the amount of irritants in a person's environment also decreases their risk of getting sick because it reduces their exposure to harmful pollutants.

It is important for a patient who has COPD or any other type of chronic lung disease continue with proper medical care throughout their life span so they can safely manage this condition.