Adult Health 1

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**Introduction**

*Asthma* is a chronic airway disorder which consists of blockage of the airway while coughing and sneezing. The shortness of breath can also be classified in Astha disorder. The pathophysiology of Asthma would consist of its diagnostic and treatment plan that would help the nurse organize specific interventions (Sullivan et al, 2016). The blockage of airway due to inflammation can cause hyperresponsive impairment. These are some of the diagnostics and symptoms of this disorder while its treatment plan would be discussed below in the discussion. Similarly, *Pneumonia* is an infection in both lungs due to bacterias and viruses. Due to these causes, the airway can become congested and could make it hard for the patient to breathe properly. It can generally be found in an age group of either old people or young children over the age of 5. The discussion would evaluate the pharmacology, assessment, nursing care plan, and diagnostic of the given disorders.

**Discussion**

**Identification**

The patient with a history of asthma and in the current state with pneumonia would require intensive care which would be assessed through the diagnostic information. The impact of pneumonia on the body consists of affecting the respiratory system, circulatory system, muscular system, and immune system (Simonsen et al. 2015). Asthma management by a nurse involves both long-term and acute treatment process. The medication plan or the pathophysiology of the disorder depends on the patients physical and health characteristics. Patients medical history would also be pertinent for the nurse in case immediate action is required. The psychological agent which is mostly used for patients suffering from pneumonia is Levofloxacin which treats CAP caused by the disorder. As for asthma, a B2 agonists inhaler can be used to stop an acute asthma attack. This agent includes corticosteroids which can stabilize cells within the body and help the airway expand while reducing blockage (Bai et al. 2019).

The nurse would require the aforementioned pharmacology along with an assessment plan. This can be initiated through a lab and diagnostic test of the patient. Patient education is critical to optimize environment control and recognize specific symptoms. The nurse would have to evaluate a care plan to treat the patient effectively. The nurse would have to obtain lab tests which include appropriate medications and therapies. A full respiratory assessment would involve checking to breathe, repositioning, suctioning, etc. Also promoting normothermia is another choice. Optimizing fluid balance and inducing cluster care is primitive and essential to conserve patients energy for tasks such as ambulation or eating. The nurse should continually encourage the patient to breathe deeply and exchange gas occasionally. Nutrition is also supplementary along with the chosen medication plan which would prevent further infection in the lungs.

**Conclusion**

The discharge plan for the patient would consist of taking the aforementioned medications promptly. Drinking at least eight glasses of water daily to help loosen up the throat and reduce coughing. Using a cool-mist humidifier in the patient's bedroom is also required. Moreover, using warm compressions or eating pads will also help the patient with experiencing relive from chest discomfort. Getting flu shorts annually and taking plenty of rest is considerably important. Follow up a care plan, and constant check-ups from the doctor are required. Medical care should be immediately sought when the pain in the chest starts to swell along with lips turning blue due to breathing trouble. In the case of blood coughing or mucus products, the patient should immediately call your doctor or get admitted. Patient education along with recognizing the symptoms is highly essential for the understanding of the assessment and pathophysiology of the disorders.

**References**

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