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Respiratory Notes

Respiratory Therapist's Pocket Guide

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A Davis's Notes Book



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Isolation Categories				
Isolation Category	Patient Placement	Gloves and Gown	Respiratory Protection	Patient Transport
Droplet	Private room. Cohorting is OK if the second patient has the same organism.	Always wear gloves and gown.	Surgical mask	Patient should wear a mask during transport.
Airborne	Private room (negative pressure with 6-12 air changes per hour). Cohorting is OK if the second patient has the same organism.	Always wear gloves and gown.	HEPA mask	During transport the patient should wear a HEPA mask.
Contact	Private room. Cohorting is OK if the second patient has the same organism.	Wear gloves for any patient contact. Wear gown if you anticipate contact with patient, soiled equipment, or soiled environmental surfaces.	No mask is required.	During transport ensure that any contact transmission by the patient is minimized.





Age-Specific Considerations						
Age Group	Fears/Anxieties	Verbal Strategies	Senses	Motor Skills	Cognitive Ability	Special Considerations
Infants	Anxiety toward strangers. Fear of separation from parent(s).	Speak in a low, soft, calm voice.	Loud noises may startle an infant.	Gross motor skills.	Minimal.	Never leave unattended; always use side rails on cribs. Support head and neck, protecting the airway.
Toddlers	Separation from parent(s).	Use concrete verbal communication strategies.	Senses are acute.	Begin to develop fine motor skills.	Can understand more than they can verbalize.	Requires close supervision. Don't leave small objects that may become a choking hazard.

(Text continued on following page)

Age-Specific Considerations (Continued)						
Age Group	Fears/Anxieties	Verbal Strategies	Senses	Motor Skills	Cognitive Ability	Special Considerations
Child	Separation, death, disability, injury, pain.	Use concrete verbal strategies.	Senses are acute.	Good motor skills.	Can understand more, explain why a child will benefit from treatment or a procedure.	Don't leave sharps or other potentially hazardous items at the bedside. Privacy becomes more important.
Adolescent	Embarrassment, loss of control, loss of consciousness, changes in appearance/function, separation from peer group.	Be more thorough in explanations.	Senses are acute.	Good motor skills.	May be capable of abstract thought.	Privacy is very important. Encourage verbalization and participation in health-care decisions.

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Age-Specific Considerations (Continued)

Age Group	Fears/Anxieties	Verbal Strategies	Senses	Motor Skills	Cognitive Ability	Special Considerations
Adult	Loss of control, changes in appearance/function, separation from spouse, death.	Be more thorough in explanations. Involve the patient in health-care decisions.	Hearing, taste, and sight may decline.	Reflexes may be slower, balance and coordination may be diminished.	Possesses abstract thought.	Be aware of values effect on patient's care. Endurance may be diminished. Independence and fostering self-care should be encouraged.
Geriatric	Loss of control, changes in appearance/function, separation from spouse (significant other), death.	Be more thorough in explanations. Involve the patient in health-care decisions.	Hearing, taste, sight (cataracts, macular degeneration, etc.) may decline.	Joints are stiffer and less mobile. Balance may be more diminished.	Possesses abstract thought. Dementia or other mental dimishment may be present.	Patient's skin is more fragile. Patient may have dysphasia. Patient should be involved in decision-making.



Cultural Diversity		
Characteristics	African Americans	Arab Americans
Eye contact	Establish trust and demonstrate respect.	Females may avoid eye contact with males and strangers.
Touching	Generally accept therapeutic touch. Establish trust first.	Is generally acceptable within the same gender, but is not acceptable between genders.
Gender role differences	Responsibility for decision-making varies by educational level and socioeconomic status.	Most decisions are made by men. Care for daily needs is delegated to women.
Religion and spirituality	Belong to Baptist and other Protestant sects; Muslim.	Muslim (generally Sunni branch), also Protestant, Greek Orthodox, or other Christian faiths.
Blood/organ donation	Will refuse blood if a Jehovah's Witness. Are reluctant to donate blood or organs.	Mutilation of the body (autopsy) or organ donation may be refused. Some may donate organs because it will benefit the community.
Diet and nutrition	General, no prohibitions unless prohibited by religious beliefs (pork not eaten by Muslims).	Most Muslims do not eat pork. Avoid icy drinks when sick or hot/cold drinks together.
Death/dying & birth	Reluctant to donate organs. Death is a universal experience transcending racial, religious, and socioeconomic barriers.	Colostrum is believed to be harmful to infants.
Misc.	Silence may indicate lack of trust toward the caregiver.	Supportive family members may need to be encouraged to take breaks from caregiving. <i>(Text continued on following page)</i>



Cultural Diversity (Continued)

Characteristics	Bosnian Americans	Native Americans
Eye contact	Looking straight into someone's eyes during a conversation shows honesty and frankness.	It is important to maintain sustained eye contact during conversations.
Touching	Shaking hands is OK. Strict Muslims do not allow male nurses to examine women.	Light touch handshake is OK. Maintain a respectful distance while interacting with the patient.
Gender role differences	Traditionally, a patriarchal family structure.	Varies from nation to nation.
Religion and spirituality	Majority are Muslim or Christian, a few may be Jewish.	May be traditional Native American belief or Christian.
Blood/organ donation	Organ donation and receiving blood products are acceptable.	Blood and organ donation is generally not desired, but may be open to discussion.
Diet and nutrition	Pork is prohibited by Muslims. Medications should not contain alcohol (also prohibited by Muslims).	Restrictions will vary with religious/spiritual beliefs.
Death/dying & birth	Many visitors can be expected. No cremation is allowed. May only want females present during delivery of a child.	Full family involvement occurs throughout all stages of life. Circumcision may be refused.
Misc.	Permanent life support is unacceptable. Most consider it shameful to accept Medicaid.	Older adults may prefer the use of "American Indian" over Native American.

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