

Yin diet

Cold deserts after a surgery. It is a Chinese belief

X. POSITIONS

I. POSITIONS FOR CLIENTS WITH RESPIRATORY DISORDERS

After lung Biopsy: *Affected Side* - To apply pressure in the site and prevent bleeding

During Thoracentesis: *Upright or Sitting Position* at the edge of the bed, arms on overbed table, leaning forward, and feet supported on a foot stool - For easy access to the site of insertion of aspiration needle. It also promotes comfort.

After Thoracentesis: *Unaffected side* for 1 hour to prevent leakage of fluid into the thoracic cavity.

Client on Oxygen Therapy: *Semi-Fowler's position* - For lung expansion and ventilation.

During Tracheostomy or Endotracheal Tube Suctioning: *Semi-Fowler's position* - To facilitate suction catheter insertion and enhance removal of mucous membrane

After Bronchoscopy and Bronchoscopy: *Side-lying/lateral or semi-fowler's position* - To promote drainage of secretions from the mouth and prevent aspiration.

COPD: *Sitting Upright, leaning forward position*, with arms on overbed table at shoulder level (*orthopneic position*) - To allow lung expansion.

Epistaxis: *Sitting/Upright position*, leaning forward with head tipped - To prevent aspiration of blood.

After Tonsillectomy: *Side lying/lateral or prone position with pillow under the chest* - To promote drainage of mouth secretions and prevent aspiration. If client is awake, maybe placed in *semi-fowler's position*.

Pulmonary Edema: *High-Fowler's position* with legs slightly dependent (lowered) - To relieve dyspnea. Lowering the legs reduces venous return thereby reduces cardiac workload.

Pneumonectomy: *Slightly towards affected side, with head elevated or Semi-Fowler's position* for lung expansion - To prevent flooding of blood coming from the affected side to the remaining lung. Slight turning prevents mediastinal shift.

Flail Chest: *Semi-fowler's position*, turned towards the affected side or the affected side be supported - To control paradoxical breathing and prevent hypercapnea.

Child with Epiglottitis, laryngotracheobronchitis, bronchiolitis: *Tripod position* (sitting upright, leaning forward with hands on the bed or floor) – to facilitate breathing.

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