

## Unit J: Respiratory System Terminology List

- |                            |                         |
|----------------------------|-------------------------|
| 1. Alveoli                 | 16. Nose (nasal cavity) |
| 2. Apex                    | 17. Pharynx             |
| 3. Bronchi                 | 18. Phrenic nerve       |
| 4. Bronchioles             | 19. Pleura              |
| 5. Cilia                   | 20. Pleural cavity      |
| 6. Coughing                | 21. Pleural fluid       |
| 7. Epiglottis              | 22. Respiration         |
| 8. Expiration/exhalation   | 23. Sinuses             |
| 9. Hiccups                 | 24. Sneezing            |
| 10. Inhalation/inspiration | 25. Surfactant          |
| 11. Larynx                 | 26. Trachea             |
| 12. Lobes                  | 27. Ventilation         |
| 13. Lungs                  | 28. Yawning             |
| 14. Medulla oblongata      |                         |
| 15. Nasal septum           |                         |

### Disorders and Related Terminology

- |                |                  |
|----------------|------------------|
| 1. apnea       | 7. influenza     |
| 2. asthma      | 8. laryngitis    |
| 3. bronchitis  | 9. pharyngitis   |
| 4. common cold | 10. pneumonia    |
| 5. dyspnea     | 11. tachypnea    |
| 6. emphysema   | 12. tuberculosis |

*Appendix 1H10.01A*

# Unit J Master Outline

## J. Respiratory System

- 1H10.01 Describe the structure of the respiratory system.
- A. Nasal cavity (nose)
    - 1. Nasal septum divides nose into R and L sides
    - 2. Cilia – hairs that trap dirt and particles
  - B. Sinuses
    - 1. Cavities in skull
    - 2. Connected to nasal cavity by ducts
    - 3. Lined with mucous membrane
  - C. Pharynx
    - 1. Throat
    - 2. 5" long
  - D. Larynx (voice box)
    - 1. Triangular chamber below pharynx
    - 2. Contains vocal cords
    - 3. Adam's apple
    - 4. Epiglottis – covers larynx during swallowing
  - E. Trachea (windpipe)
    - 1. 4 ½" long
    - 2. Walls have bands of C-shaped cartilage
    - 3. Lined with ciliated mucous membrane
  - F. Bronchi and Bronchioles
    - 1. Lower end of trachea divides into R and L bronchus
    - 2. Become bronchial tubes and bronchioles as branches enter lungs
  - G. Alveoli
    - 1. Clusters of thin-walled sacs made of single layer epithelial tissue
    - 2. Inner surfaces covered with surfactant
    - 3. Each alveolus surrounded by capillaries
  - H. Lungs
    - 1. Fill thoracic cavity
    - 2. Upper part = apex
    - 3. Lower part = base
    - 4. Lung tissue porous and spongy, it floats
    - 5. R lung larger and shorter, 3 lobes
    - 6. L lung has 2 lobes
  - I. Pleura
    - 1. Membrane that covers lungs
    - 2. Double-walled sac
    - 3. Space is pleural cavity
    - 4. Pleural cavity filled with pleural fluid to prevent friction
  - J. Upper respiratory tract

1H10.03

**Identify characteristics and treatment of common respiratory disorders.**

- A. Common Cold
  - 1. Contagious viral, respiratory infection
  - 2. Contributing factors – chilling, fatigue, poor nutrition, not enough sleep
  - 3. Rx – stay in bed, drink warm liquids and fruit juice, good nutrition
  - 4. Good handwashing = best prevention
- B. Pharyngitis – red, inflamed throat
- C. Laryngitis
  - 1. Inflammation of larynx
  - 2. Symps – sore throat, hoarseness, loss of voice, difficulty swallowing
- D. Bronchitis
  - 1. Inflammation of mucous membranes of trachea and bronchi
  - 2. Symps – cough, fever, substernal pain and rales (raspy sound)
  - 3. Chronic bronchitis – middle or old age, caused by cigarette smoking
- E. Influenza (Flu)
  - 1. Viral infection upper respiratory tract
  - 2. Symps – fever, mucopurulent discharge, muscular pain, extreme exhaustion
  - 3. Rx – symptomatic
- F. Pneumonia
  - 1. Infection of lung
  - 2. Caused by bacteria or virus
  - 3. Alveoli fill with thick fluid
  - 4. Symps – chest pain, fever, chills, dyspnea
  - 5. Diagnosis – x-ray and listening to lungs
  - 6. Rx – oxygen and antibiotics
- G. Tuberculosis
  - 1. Infectious bacterial lung disease
  - 2. Tubercles (lesions) form in lungs
  - 3. Symps – cough, low grade fever in the afternoon, weight loss, night sweats
  - 4. Diagnosis – skin test, if positive, follow up with chest x-ray and sputum
  - 5. Rx – antibiotics
- H. Asthma
  - 1. Inflammatory airway obstruction
  - 2. Caused by allergen or psychological stress
  - 3. 5% of Americans have asthma
  - 4. Symps – difficulty exhaling, dyspnea, wheezing, tightness in chest
  - 5. Rx – antiinflammatory drugs, inhaled bronchodilator
- I. Emphysema
  - 1. Alveoli become distended, lose their elasticity, can't rebound, may eventually rupture
  - 2. Air becomes trapped in alveoli, can't exhale, forced exhalation required
  - 3. Dyspnea increases as disease progresses
  - 4. Rx – alleviate symptoms, decrease exposure to respiratory irritants, prevent infections
- Q. Related terms
  - 1. Apnea
  - 2. Dyspnea
  - 3. Tachypnea