

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.

# Fundamentals Of Nursing Hesi Test Bank

**Kathleen Armour**



## **Fundamentals Of Nursing Hesi Test Bank:**

Fundamentals Of Nursing Hesi Test Bank: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. Fundamentals Of Nursing Hesi Test Bank : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Fundamentals Of Nursing Hesi Test Bank : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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