

Impaired breathing pattern

Ineffective airway clearance

Ineffective health management

Nursing Interventions

What are the most appropriate nursing interventions for a child with acute respiratory tract infection?

Nursing Interventions	Rationale
Monitor airway, breathing, and circulation (ABCs) closely.	To provide supportive measures as needed to maintain airway, breathing, and circulation
Allow patient to assume position of comfort.	To promote maximum ventilator function
Administer humidified oxygen to maintain oxygen saturation (SaO ₂) above 90%.	To enhance oxygenation of tissues
Administer rescue medications (as prescribed) that can include inhalers, nebulization, and/or oral or intravenous (IV) steroids.	To open constricted airways and allow air exchange and to enhance tissue oxygenation
Assess patient's response to rescue medications.	To determine need for more aggressive interventions
Assist patient in recognizing factors that trigger asthma symptoms.	To avoid factors that exacerbates asthma
Assist patient to understand the purpose and use of peak expiratory flow meter (PEFM).	To allow early recognition of asthma symptoms before acute exacerbation
Observe technique for use of PEFM, inhaler, and/or nebulizer.	To ensure appropriate technique to maximize accuracy and effectiveness

Expected Outcomes

Adolescent will breathe easily with nonlabored respirations at a rate within normal limits for age.

Adolescent will maintain patent airway.

Adolescent will verbalize understanding of health maintenance measures (i.e., avoiding triggers, use of peak flow meter, use of inhalers).

Case Study (Continued)

Jeremy had no improvement with the nebulized treatment provided in the primary care office and his symptoms worsened. He was transferred to a nearby hospital for further evaluation. Upon arrival to the emergency department (ED), Jeremy is unable