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Tuberculosis

Patient name: _____

Admission: _____

NRS
DATE INITIAL**I. The client/caregiver can define tuberculosis.**

- A. It is a chronic, bacterial infectious disease.
- B. It usually infects the respiratory system but can invade other parts of the body.
- C. It is transmitted by airborne droplets. Coughing, sneezing, and spitting can transmit droplets produced from a person with active disease.

II. The client/caregiver can list factors that increase risk of tuberculosis.

- A. People with HIV/AIDS are very vulnerable.
- B. Increased numbers of foreign-born people from countries with high tuberculosis rates
- C. Increased poverty
- D. Crowded facilities with poor hygiene
 - Prisons
 - Homeless shelters
- E. Poor nutrition
- F. Drug addiction
- G. Alcoholism
- H. Failure to take all prescribed antibiotics for tuberculosis
- I. Increased numbers of residents in long-term care facilities are at increased risk because
 - Older
 - General health impaired
 - Weak immune systems
- J. Racial and ethnic minorities

III. The client/caregiver can recognize signs and symptoms although client is frequently without symptoms.

- A. Fatigue
- B. Loss of appetite and weight loss
- C. Low-grade fever
- D. Night sweats
- E. Shortness of breath
- F. Cough, which may be productive
- G. Chest pain

NRS
DATE INITIAL**IV. The client/caregiver can list measures for prevention and management of disease.**

- A. Prevent the spread of disease.
 1. Cover nose and mouth when coughing or sneezing.
 2. Dispose of tissues by flushing in toilet or discarding in paper bag that is burned or disposed of in trash.
 3. Wash hands thoroughly.
 4. Keep environment clean and well ventilated.
- B. Keep immune system healthy.
 1. Obtain adequate rest to avoid fatigue.
 2. Eat a nutritious, high-carbohydrate diet with small, frequent feedings.
 3. Exercise regularly.
- C. Get tested regularly as ordered by physician.
- D. Increase fluids to liquefy secretions and maintain hydration to 2000 to 3000 ml per day unless contraindicated.
- E. Take complete course of medications as prescribed and report any side effects.
- F. Keep follow-up appointments with physician.
- G. Avoid crowds and persons with upper respiratory infections.
- H. Ensure adequate ventilation. Open windows whenever possible.
- I. Report to physician any signs of bloody sputum, chest pain, difficulty breathing, fever, increased cough, or night sweats.

V. The client/caregiver is aware of possible complications.

- A. Permanent lung damage
- B. Spread to other parts of body
 - Bone
 - Brain and nervous system
 - Spread throughout entire body (military tuberculosis)
- C. Development of drug-resistant strain of tuberculosis

(Continued)

RESOURCES

Centers for Disease Control and Prevention
www.cdc.gov/

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB
Prevention
www.cdc.gov/nchhstp/

Division of Tuberculosis Elimination
www.cdc.gov/nchstp/tb/faqs/qa.htm
www.cdc.gov/nchstp/tb/pubs/tbfactsheets/250010.htm

American Lung Association
www.lungusa.org

Local health department

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