

Approaches to treat allergic diseases:

1. Identification of allergies: identify the allergens such as dust, latex, food etc.
2. Assessment: Assess the severity of allergic disease by the clinical features.
3. Selection of the goals: make the goals to treat & prevent the allergic disorders.
4. Proper diagnosis: by allergic test.
5. Treatment:
 - a) Administer antihistamines e.g., cetirizine, doxylamine succinate.
 - b) Administer immunosuppressive drugs, e.g., methotrexate.
 - c) Administer steroids such as dexamethasone.
 - d) Administer nasal decongestants to relieve nasal congestion.
 - e) Administer epinephrine according to physician prescription.
- 6) Immunotherapy: This treatment is process of allergen desensitization. In this treatment the allergen's antigens are administered subcutaneously.

Indications

- Hay fever
- Allergic Asthma

conjunctivitis

- Allergic rhinitis.

Procedure - in this procedure allergen extracts are administered by SC injection. The next dose is administered slightly more than first dose or previous dose.

NSG Management:

- Assess the sign & symptoms of allergic diseases
- Close observation of allergic test.
- Assess the features of treatment side effects.
- Administer drug therapy as prescription
- check the vital signs
- Provide psychological support.
- educate the patient about allergic features & report immediately.
- instruct the patient to avoid the allergens.

NSG management with altered immune system.

Immune sys. becomes altered after over rxn. to allergic, anaphylaxis or hypersensitive disorder.

etiology & risk factors

Immunosuppression

Malnutrition

Rupture of amniotic membrane

chronic disorders

Invasive procedures
Trauma or injury
Broken skin

Diagnostic evaluation:

History collection

Physical exam

Skin test:

- Skin scratch test
- Skin scrap test
- Intradermal skin test.
- Prick skin test.

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NSG interventions

- Assess the general condition of patient.
- Check the vital sign
- Assess & note any sign & symptoms of infection
- Check & note the lab. values
- Encourage the patient in use oral fluid intake
- Encourage the pt to take balanced diet especially to improve immunity.
- Assess color, texture, moisture & turgor of skin & treated any changes.
- Dry the hand properly after hand washing process.
- Use the aseptic technique during care of patient.
- Encourage the patient to take proper & adequate rest.

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- use of barrier equipments to prevent cross infection.
 - isolate the patient who has active infection.
 - provide proper care to catheter site.

Home based interventions

- Assess the home environments to identify the unhygienic conditions
- provide a comfortable env. to patient.
- keep the home env. clean.

Client / Family Teaching

- Instruct the patient to take a fresh, low spicy & balanced diet.
- Teach the patient about the medication effect & side effects.
- use the condom if patient is HIV+ve
- proper vaccination of pt who are at the risk of getting infection.
- Teach the pt & family members about the sign & symptoms of infection.

AUTO IMMUNE DISEASES

Rheumatoid Arthritis (RA)

It is the most common & serious type of inflammatory arthritis.

RA is a chronic systemic & progressive inflammatory disease characterized by inflammation of connective tissue (mainly the small & peripheral joints).

Incidence

- Rheumatoid arthritis occurs among women 2 to 3 times more often than men.
- It may occur at any age but common in people below the age of 20 & 30 yrs.
- Women who are taking oral contraceptives are less likely to develop RA.
- RA affects primarily & most commonly the synovial joints but may involve the cervical spine, elbow, hip, shoulder joints.

Etiology

The specific causes of RA are unknown. There are some possible causes of RA.

- Genetic factors
- Infections. I.e., specific pathogen specially virus may trigger the disease process.
- Autoimmunity or immunological mechanisms.
- Endocrinological imbalances.
- Biochemical abnormalities.
- Nutritional disorders
- Env. factors
- Occupational factors
- Psychological factors