

- Yoga: It involves changing of body positions & breathing exercises.
- Guided imagery: It is involve bringing of peaceful, pleasant & positive mental pictures.
- Music therapy & awareness.
- Solving the problem of anxiety.
- Maintenance of interpersonal relationship.

NSG management / interventions

- Assess the patient's stress level.
- Provide the psychological support.
- Advise the patient to take proper rest.
- Provide a calm & quiet env. to rest.
- Provide a sufficient time to communicate to the patient.
- Encourage the friends & relatives to cooperate the patient in stressful life.
- Provide relaxation therapy for the client to relax the mind.
- Identify the causes of stress & interventions should be made to avoid stress.
- Advise the patient to be self dependent if possible.
- Educate the patient about disease condition if stress is related to disease condition.
- Teach the patient about relaxation technique.

- Advise to avoid use of tobacco, smoking & alcohol.

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INFLAMMATION

Inflammation is a complex biological response of vascular tissues to harmful stimuli such as pathogens, damaged cells or irritants.

Types of inflammation

The type of inflammation are described in 2 types:

1. According to duration & severity:

A. Acute inflammation: It is the initial response of body to harmful stimuli & achieved by the rapid movement of plasma, leukocytes from blood into injured tissue.

B. Chronic inflammation: The infl. $\leq$ lasts for weeks, months or even yrs is called chronic infl.

2. Acc. to causative agent or etiology & characteristics:

A. Serous inflammation: The infla in exudates is composed of serum.

B. Traumatic infla: The infla. $\leq$ is caused by any trauma or injury.

C. Bacterial infla: $\leq$ occurs due to bacteria.

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- D. Hyperplastic infla: c is characterized by excessive production of fibrous tissue.
- E. Reactive infla: c is produced around dead tissue due to any reactive process.
- F. Supportive infla: c is characterized by pus formation.
- G. Fibrinous infla: in c the exudates contain a great amount of fibrin.
- H. Catarrhal infla: characterized by infla. of mucous membrane.
- I. Ulcerative infla: c occurs due to ulcer.

Etiology

- Burn
- Trauma
- Stress
- Infection by pathogens
- Chemical irritants
- Alcohol
- Physical injury (Blunt or Penetrating)

Clinical Manifestations

Classical Signs:

- Redness & Heat → Both signs occur due to ↑ red blood flow at body's core temp. to the inflamed site.
- Swelling → occurs due to accumulation of fluid
- Pain → occurs due to release of chemicals.

- Loss of function: occurs due to multiple causes.

General signs:

- Fever
- Chills
- Headache
- Loss of appetite
- Muscle stiffness

Management

Medical Management:

Anti-inflammatory medications.

- Acetaminophen (paracetamol, Tylenol) to relieve pain related to inflammation.
- NSAIDs to relieve pain caused by infl.
- Corticosteroids e.g., glucocorticoid, mineralocorticoid.
- NSAIDs (non selective Anti inflammatory derivatives)

General Treatment.

- Application of ice
- Green tea
- Tart cherries.

DEFENSE AGAINST INJURY

The human body has a own defense sys. for the self protection from the injury of wide range of infections. There are two defense systems in human body.

Non specific defense

They provide defense for many pathogenic organism but they are not specific.