

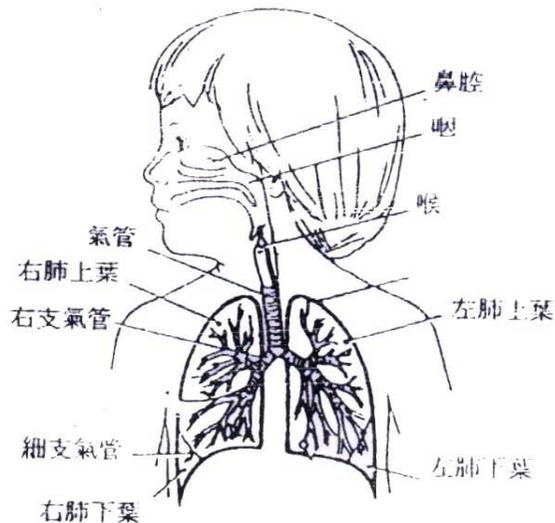
呼吸道感染的照顧

Care for Respiratory Infection

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■ Respiratory system

The respiratory system includes the nose, pharynx, larynx, trachea, bronchi, bronchioles, and alveoli.



This system is where O₂ and CO₂ exchange takes place in our body.

■ Diseases of the respiratory system

For a child, common respiratory infections (mostly viruses) can affect any part of the respiratory system. If dyspnea or secondary bacterial infection does not occur, an infected child usually recovers in 1~4 weeks.

■ Care for respiratory infection

During the infectious period, an infant or a child may develop tachypnea, cough, increased sputum production, lethargy and poor appetite. Doctors may prescribe intravenous fluid for supplement.

As the disease progresses, an infant or a child may not be able to cough up sputum by himself / herself. Once sputum gets stuck in the respiratory tracts, complications or secondary infection may develop and the recovery time may be prolonged. Thus sometimes inhalation therapy may be provided, along with chest percussion, to facilitate recovery.

■ Aerosol therapy

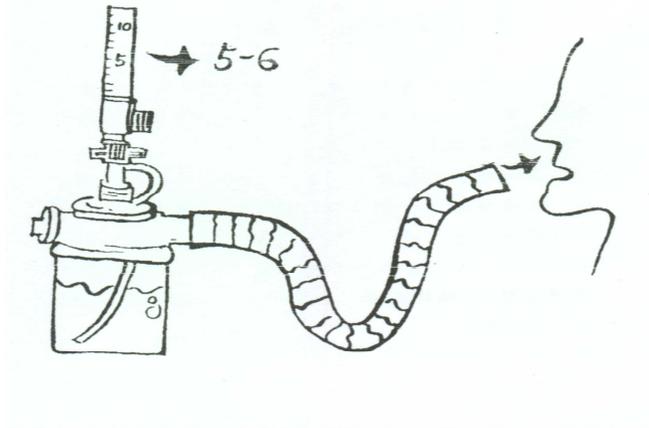
A nebulizer is used.

Timing:

You can use it any time as long as your child can cooperate.

How to use:

Turn the O₂ setting to 5~6 L/min and put the tube on your child's nose and mouth.



■ Inhalation therapy

A bronchodilator is used.

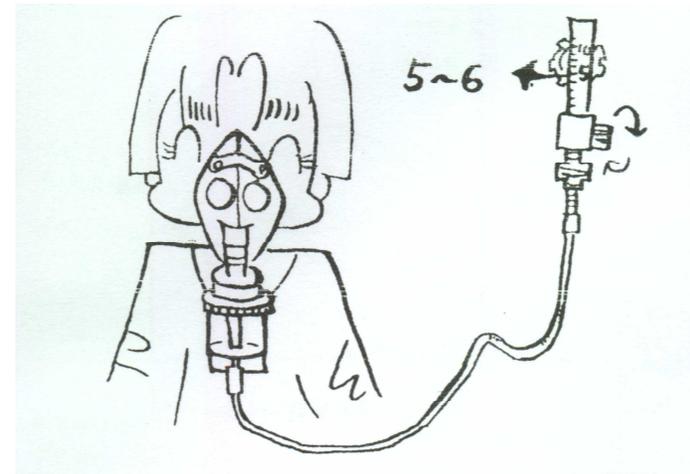
Timing:

30 minutes before a meal or 2 hours after a meal,
which may be

8^{AM} - 12^N - 5^{PM} - 8^{PM}

How to use:

Turn the O₂ setting to 5~6 L/min and put the mask on your child's face. Hold the cup (with bronchodilator inside) upright till it is finished.



■ Chest Percussion

Use physical maneuvering to move the mucus (secretions) from smaller airways into larger ones where it can be coughed up or suctioned.

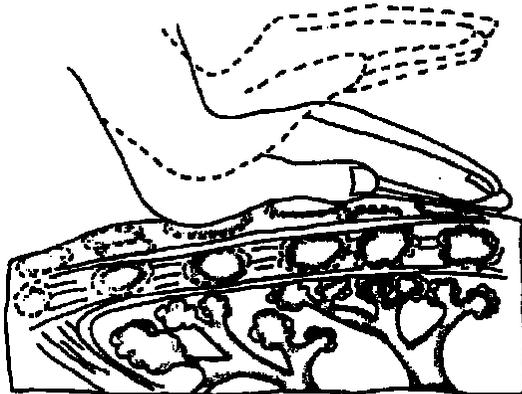
Timing:

30 mins before a meal or 2 hours after a meal

10~15 mins each time

How to use:

1. Hand should be in a cupped position, with fingers and thumb together. Percuss with adequate strength.

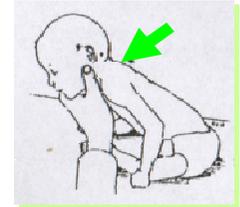


(Clap with a cupped hand)

2. The different positions help drain mucus from different sections of the lungs.

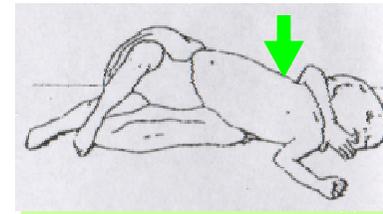
A. Upper lung

Make your child lean forward at 30 degrees. Percuss the upper chest.



B. Right (or left) middle lung

Make your child lie on the left (or right) side with the head and upper body tipped down at a 30-degree angle, percuss around the right (or left) nipple.



C. Lower lung

Put your child in prone position with the head and upper body tipped down at a 15 to 30-degree angle. Percuss places around the spine and below the scapula.

