Lesson Plan: Respiratory and Reproductive System Pathology

5 minutes: Breath of Arrival and Attendance

50 minutes: Respiratory and Reproductive System Pathology
Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by 9:00, we'll have you out of here by 1:30
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

You will receive one verbal warning, then you'll have to leave the room.
Respiratory and Reproductive System Pathology
# Respiratory System Pathology

*(Werner Page 321)*

## Infectious Respiratory Disorders
- Acute bronchitis
- Common cold
- Influenza
- Pneumonia
- Sinusitis
- Tuberculosis

## Chronic Obstructive Pulmonary Disease
- Asthma
- Cystic fibrosis
- Laryngeal cancer
- Lung cancer
Reproductive System Pathology
(Werner Page 445)

Disorders of the Uterus
- Cervical cancer
- Dysmenorrhea
- Endometriosis
- Fibroid tumors
- Uterine cancer

Disorders of Other Female Reproductive Structures
- Breast cancer
- Ovarian cancer
- Ovarian cysts
Reproductive System Pathology
(Werner Page 445)

Disorders of the Male Reproductive System
- Benign prostatic hyperplasia
- Prostate cancer
- Prostatitis
- Testicular cancer

Other Reproductive System Conditions
- Menopause
- Pregnancy
- Premenstrual syndrome
- Sexually transmitted diseases
Respiratory System Pathology

**Common cold**  Viral infection of the respiratory tract. Nasal discharge, sore throat, mild fever, dry coughing, and headache.

**Risks**
- Easily contagious. Take precautions against transmission
- Massage may exacerbate symptoms

**Benefits**
- Gentle, reflexive or energetic work can be helpful if a person is having trouble moving past the peak of a cold.
- Massage in the sub-acute stage may help speed recovery, although symptoms may be temporarily exacerbated
Pneumonia  Inflammation of the lungs due to infection.
Respiratory System Pathology

Pneumonia  Inflammation of the lungs due to infection.

Risks
- Contagious
- Difficulty adapting to rigorous massage

Benefits
- During recovery percussive tapotement aids with expulsion of mucus from the lungs, and gentle massage promotes relaxation and sleep
Sinusitis  Inflammation of the paranasal sinuses from infection, allergies, or physical obstruction.
Respiratory System Pathology

Sinusitis  Inflammation of the paranasal sinuses from infection, allergies, or physical obstruction.

Risks
- Absolute contraindication if due to infection
- Lying down, especially face down, may be uncomfortable

Benefits
- Very gentle massage around the face may help the sinuses to drain
Respiratory System Pathology

**Chronic bronchitis**  Long-term inflammation of the bronchi.
Respiratory System Pathology

Chronic bronchitis  Long-term inflammation of the bronchi.

Risks
- Risk of respiratory infections. Rigorous massage contraindicated.
- May lead to heart failure

Benefits
- If the heart is healthy and no acute infection is present, massage can bring comfort
- Focused work on breathing muscles may ease breathing
Respiratory System Pathology

Asthma  Chronic airway inflammation and intermittent airflow obstruction
Respiratory System Pathology

**Asthma**  Chronic airway inflammation and intermittent airflow obstruction.

**Risks**
- Contraindicated during acute attacks
- Scents, candles, and essential oils may exacerbate symptoms
- Use hypoallergenic lotion

**Benefits**
- During sub-acute stages, include massage of diaphragm, intercostals, and scalenes
Reproductive System Pathology

**Dysmenorrhea**  Menstrual pain that is severe enough to limit the activities of women of child-bearing age.

**Risks**
- Avoid intrusive abdominal massage

**Benefits**
- Very helpful for coping with pain
Reproductive System Pathology

Menopause  The moment when ovaries no longer respond to chemical signals to establish a reproductive cycle.

Risks
- None

Benefits
- Helps cope with changes in self-identity and physical processes
Pregnancy  The state of carrying a fetus.
Reproductive System Pathology

Pregnancy  The state of carrying a fetus.

Risks
- Varies by trimester

Benefits
- Adaptations made for each trimester
- Helps with fatigue, muscle and joint pain, and clumsiness
Reproductive System Pathology

Premenstrual syndrome  Collection of many signs and symptoms that occur in the time between ovulation and menstruation.

Risks
○ None

Benefits
○ Offers support for a negative physical experience that is predictable, debilitating, and frustrating.
Reproductive System Pathology

Sexually transmitted infections  Contagious conditions that are spread through intimate contact.

Risks
- Refer to specific infections

Benefits
- If the infection has been identified and controlled, massage within the client’s capacity for adaptation is appropriate
Respiratory and Reproductive System Pathology