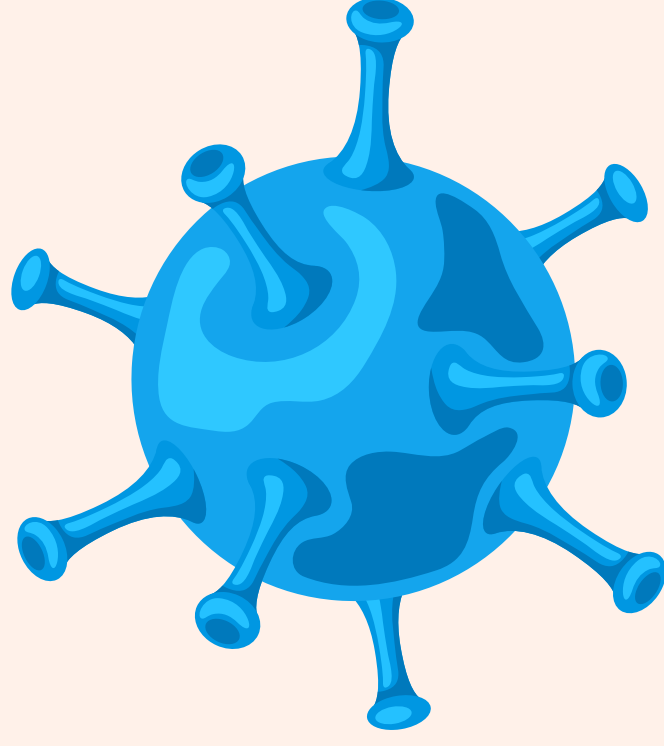


# WHAT IS

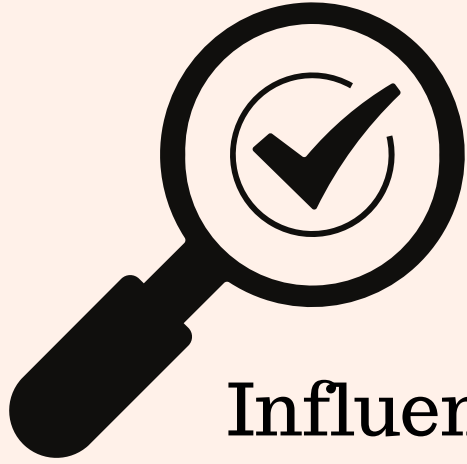


# INFLUENZA

Influenza infection is caused by influenza viruses, which spread easily from person to person via coughing, sneezing, nasal secretions, or even talking.

Large particle droplets can travel up to six feet and transmission can also occur via contact with infectious particles on a contaminated surface or object.

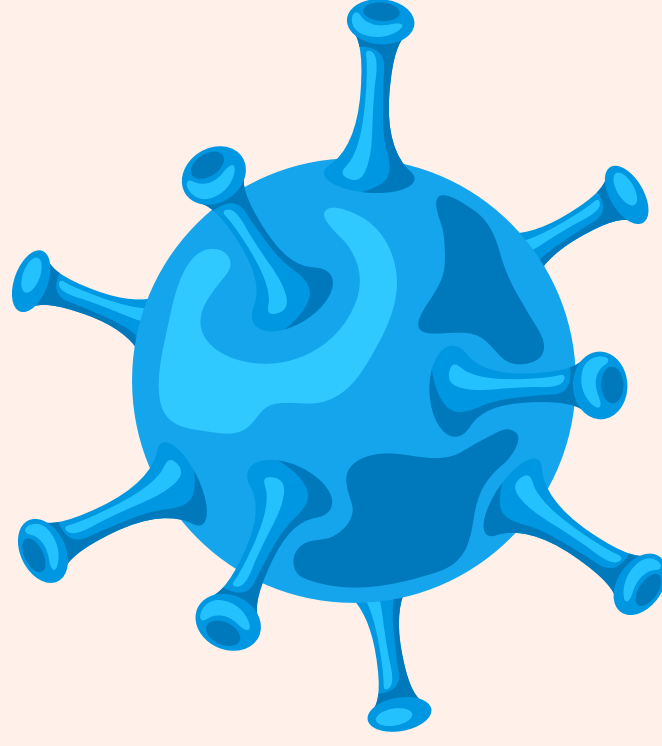
## IDENTIFYING INFLUENZA









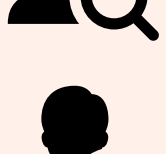
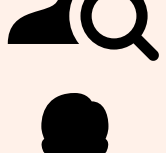

Influenza differs from a cold in that symptoms generally appear suddenly and some of the symptoms may or may not be present at all, or with the same intensity. Symptoms of influenza and coronavirus disease-19 (COVID-19) are very similar, and it may be difficult to differentiate these illnesses. Testing may be needed to confirm the diagnosis.



# SYMPTOMS OF

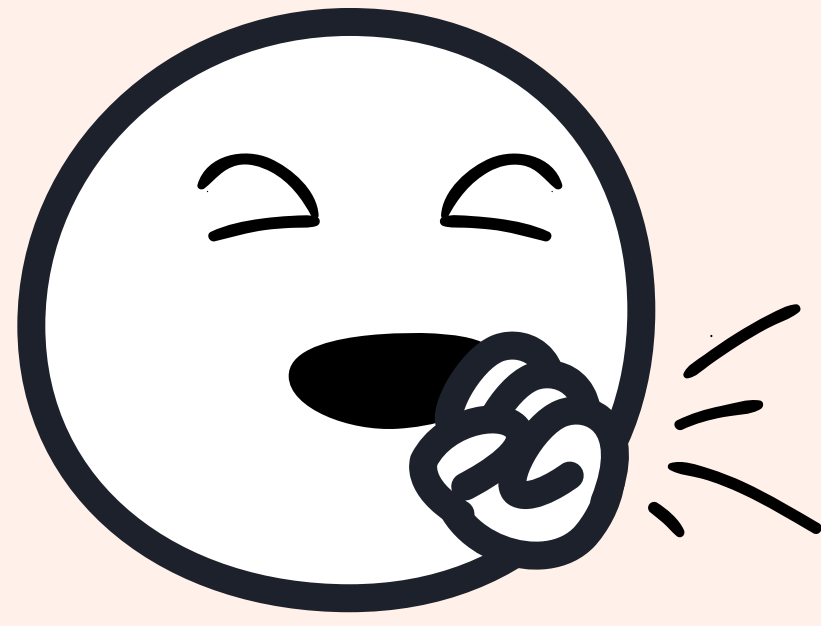


# INFLUENZA

-  Fever, however not everyone will present with fever
-  Headache
-  Fatigue
-  Sore throat
-  Dry cough
-  Chills
-  Body aches
-  Stuffy or runny nose
-  Vomiting or diarrhoea, more common in children



## CAUSES OF



## INFLUENZA

- The flu is caused by influenza viruses that infect the nose, throat, and lungs.
- These viruses spread when people with flu cough, sneeze or talk, sending droplets with the virus into the air and potentially into the mouths or noses of people who are nearby.
- You can also get flu by touching a surface or object that has flu virus on it and then touching your own mouth, eyes or nose.
- You can spread the flu before you know you are sick, beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.
- Some people, especially young children and people with weakened immune systems might be able to infect others for an even longer time.

## NURSING DIAGNOSES OF INFLUENZA

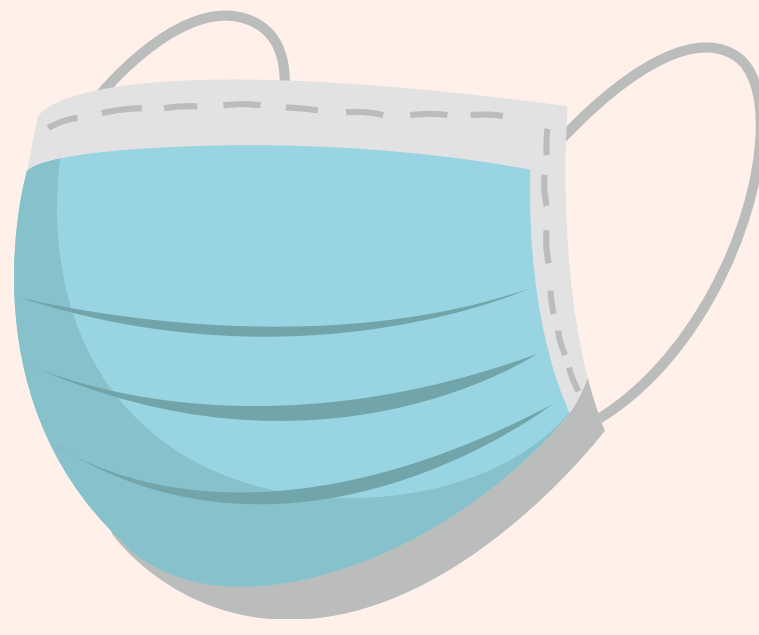
**INEFFECTIVE AIRWAY CLEARANCE** RELATED TO TRACHEOBRONCHIAL AND NASAL SECRETIONS.

**INEFFECTIVE BREATHING PATTERN** RELATED TO NASAL CONGESTION SECONDARY TO INFLUENZA AS EVIDENCED BY SHORTNESS OF BREATH, SPO<sub>2</sub> LEVEL OF 92% AND DRY COUGH.

**ACTIVITY INTOLERANCE** RELATED TO THE DIFFICULTY OF BREATHING SECONDARY TO INFLUENZA, AS EVIDENCED BY FATIGUE, OVERWHELMING LACK OF ENERGY, VERBALIZATION OF TIREDNESS, GENERALIZED WEAKNESS, HEADACHE AND SHORTNESS OF BREATH UPON EXERTION.

**HYPERTHERMIA** RELATED TO THE INFECTIVE PROCESS OF INFLUENZA AS EVIDENCED BY THE TEMPERATURE OF 38.5 DEGREES CELSIUS, RAPID AND SHALLOW BREATHING, FLUSHED SKIN, PROFUSE SWEATING AND WEAK PULSE.





## TREATMENT

- Treating the flu includes staying home, getting adequate rest and staying hydrated.
- Your doctor may prescribe antiviral medication to treat the virus and over-the-counter medication can be used to minimize discomfort associated with flu symptoms (for example, decongestant and antihistamine for congestion, cough and nasal discharge).
- Antibiotics are not useful in treating the flu but may be prescribed if necessary to clear up a related sinus or ear infection.

Sources:

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/influenza/diagnosing-and-treating-influenza>

<https://www.nursingcenter.com/>

<https://nursestudy.net/influenza-nursing-care-plans/>

