



**24<sup>th</sup> to 30<sup>th</sup> October is National Respiratory Care Awareness Week**

### **Respiratory Care.**

Respiratory care is an allied health specialty which provides a wide range of therapeutic and diagnostic services to patients with heart and lung disorders. People with health problems such as asthma, heart disease, and lung disease, small children, and the elderly may be more sensitive to pollutants than others.

#### **How to improve the health of your respiratory system:**

- 🦋 Regular exercise.
- 🦋 Maintain a Healthy Weight.
- 🦋 **Stay Hydrated:** Take enough water every day.
- 🦋 Avoid Smoking and secondhand smoke.
- 🦋 Yoga Breathing Techniques.
- 🦋 Avoid places with very dirty air, such as traffic jams, parking garages, dusty work areas, and smoke-filled rooms.
- 🦋 Get vaccinated every year against influenza.
- 🦋 Avoid crowds during the cold and flu season.
- 🦋 Wash your hands often with soap and water, use alcohol-based cleaners if you cannot wash.

#### **Methods of treatment in respiratory therapy:**

- 🦋 **Breathing Treatments:** Breathing treatments involve giving aerosol medications through a nebulizer machine.
- 🦋 **Chest Physiotherapy:** Helps drain mucus out of the lungs and helps assist the patient in coughing it up.
- 🦋 **Incentive Spirometry:** Used to encourage a patient to expand his lungs.
- 🦋 **Cough Assist:** Patients with certain conditions, such as a spinal cord injury, may need cough assist therapy. Certain injuries and conditions interfere with the ability to cough naturally and clear mucus out of the lungs. This can result in pneumonia and trouble breathing.

#### **Who are respiratory therapists?**

- 🦋 Respiratory therapists, also known as respiratory care practitioners, are involved in the evaluation and monitoring of heart and lung function as well as giving treatment.
- 🦋 Respiratory therapists are important members of the health care team. They work under the medical direction of doctors to treat all types of patients, ranging from premature infants whose lungs are not fully developed to elderly people with lung disease.
- 🦋 They provide temporary relief to patients with chronic asthma or emphysema, as well as emergency care to patients who are victims of a heart attack, stroke, drowning or shock.
- 🦋 They are academically trained in respiratory nursing and respiratory medicine. They practice in acute care facilities, long-term acute care facilities, skilled nursing facilities, assisted-living centers, subacute care units, rehabilitation centers, diagnostics units, and in the home.
- 🦋 They are often in charge of initiating and managing life support for people in intensive care units and emergency departments, stabilizing, treating and managing pre-hospital and hospital-to-hospital patient transport by air or ground ambulance.

**Reference Links:**

-  <http://www.mayo.edu/mshs/careers/respiratory-care>
-  [http://en.wikipedia.org/wiki/Respiratory\\_therapy](http://en.wikipedia.org/wiki/Respiratory_therapy)
-  [www.drmikediet.com/.../8-ways-to-improve-your-respiratory-system-hea...](http://www.drmikediet.com/.../8-ways-to-improve-your-respiratory-system-hea...)
-  <http://www.mcgoanbrabender.com/documents/content/913.pdf>

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