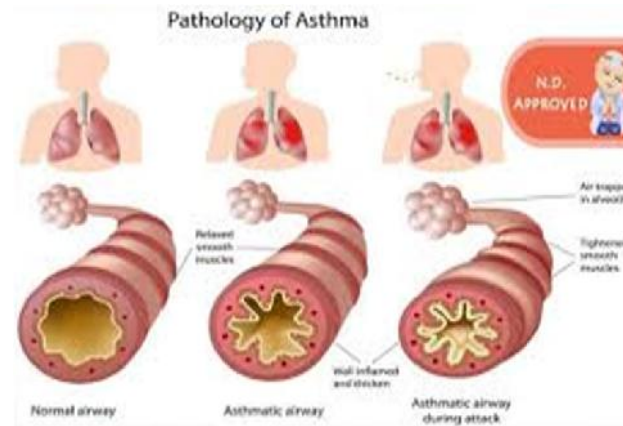
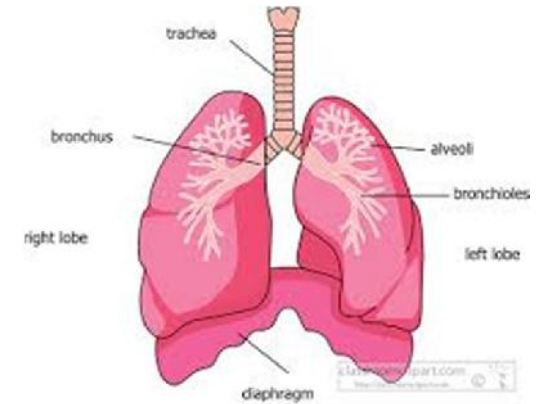


Airway Disease: Prevention and Management



Farida Parkar – Respiratory Clinical Nurse Specialist



What is Airway Disease

- Airways are pipes that carry oxygen rich air to the lungs and waste gases out of the lungs
- Airways can become inflamed and narrowed (obstructive)
- In others, the tiny air sacs in the **lungs** (alveoli) become damaged and increasingly **scarred**. This causes the **lungs** to become stiff and means it's difficult for oxygen to get into the blood (Restrictive).



Respiratory Conditions

- Asthma
- COPD
- Emphysema
- Bronchiectasis
- Lung Fibrosis





Signs and Symptoms

Can include:

- **Unexplained shortness of breath**
- **Wheezing**
- **Cough**
- **Excessive sputum production**
- **Frequent chest Infections**





Prevention

- Reduction/avoidance of personal exposure to common risk factors
- Starts during pregnancy and early childhood





Tobacco Smoke

- Direct or indirect exposure
- Can include cigarettes/recreational substances/Shisha
- Also relevant in heart disease, cancer and Diabetes





Environmental

- Indoor/outdoor pollutants
- Exposure to fungal/mould/spores/inhalants
- Birds/pets/Pigeon dust
- Chemicals
- Other allergies





Occupational Risk Factors

- **Farmers Lungs**
- **Bakers**
- **Asbestos exposure**
- **Certain Drugs**
- **Air Conditioning**





Other Factors

- Repeated childhood and Adult Respiratory Infections
- Poor Nutrition
- Poor exercise/inactivity





Management

- **Early detection/prevention**
- **Smoking Cessation**
- **Reduction of exposure to irritants/allergens**
- **Influenza Vaccination**
- **Increased physical activity/Pulmonary Rehabilitation**
- **Compliance with medication/optimal inhaler technique**





Thank you