Ms. Sarita, a 52-year-old female, was admitted to MCV Hospital from an upper middle class family. She had been experiencing difficulty in breathing while sleeping, which was noticed during her medical check-up on 22.2.2003. The examination revealed enlarged adenoidal tissue, a deviated nasal septum, and a large tongue. A CT scan of the neck and a sleep study were performed, which confirmed the diagnosis of sleep apnea. On 26.02.2003, she underwent uvulopalatopharyngoplasty, pharyngoplasty, and thyroidectomy. The surgery was successful, and she was discharged on the 24th. After surgery, she was put on nasal continuous positive airway pressure (CPAP) for 2 days. She was advised to avoid alcohol and smoking.

**Surgical Management**

**Surgical Procedure:**
- Uvulopalatopharyngoplasty
- Pharyngoplasty
- Thyroidectomy

**Pharynoglossal and Cephaloglossal Advancement**

**Clinical Manifestations:**
- Sleep apnea
- Obesity
- Nasal congestion
- Hypertension

**Nursing Management:**
- Administer nasal CPAP
- Monitor oxygen saturation
- Provide a quiet environment
- Encourage regular exercise

**Obstructive Sleep Apnea**

**Definition:**
Obstructive sleep apnea is a condition characterized by repeated episodes of upper airway obstruction during sleep, leading to brief periods of apnea or hypopnea.

**Diagnosis & Evaluation:**
- Sleep study
- Polysomnography
- Physical examination

**Interventions:**
- NCPAP therapy
- Weight loss
- Avoidance of alcohol and sedatives

**Etiology:**
- Nasal polyps
- Deviated nasal septum

**Author:**
V. Shrija, B.Sc. Nursing, Vallabha Institute of Nursing, Gujarat

**Institution:**
Vallabha Institute of Nursing, Gujarat.
2. Dyspnea related to effect of anesthesia and nature of surgery. Interventions & Rationale, Related to Airway
   - Assess the breathing pattern and evaluate the patient's response to breathing exercises and ventilatory support.
   - Encourage deep breathing and coughing exercises to promote expectoration and relieve the dyspnea.

3. Fluid volume deficit related to surgery. Interventions & Rationale, Related to Fluid & Electrolyte Balance
   - Assess the patient's fluid status, including intake and output, and serum electrolyte levels.
   - Administer IV fluids and blood products to maintain normal fluid and electrolyte balance.

4. High risk for complication such as respiratory tract infection. Interventions & Rationale, Related to Safety
   - Implement standard precautions and hand hygiene measures.
   - Monitor respiratory status and administer antibiotics as prescribed.

5. Inamorality related to pain. Interventions & Rationale, Related to Pain
   - Administer analgesics as prescribed.
   - Provide distractions and comfort measures to reduce anxiety and pain.

6. High risk for complication such as respiratory tract infection. Interventions & Rationale, Related to Safety
   - Implement standard precautions and hand hygiene measures.
   - Monitor respiratory status and administer antibiotics as prescribed.

REFERENCE

Advice to take in rich food items to prevent anemia. Check the vital signs to know the patient's status.

Advice to come for regular check-up, identify the complications in an early stage, and take proper dressing to the patient to prevent the infection.

OTHER NURSING MANAGEMENT

Advice to take in rich food items to prevent anemia. Check the vital signs to know the patient's status.

Advice to come for regular check-up, identify the complications in an early stage, and take proper dressing to the patient to prevent the infection.

Administer analgesics to relieve pain.

Follow the appropriate procedures to maintain proper fluid intake to prevent dehydration.

Dyspnea related to effect of anesthesia and nature of surgery. Interventions & Rationale, Related to Airway

Assess the breathing pattern and evaluate the patient's response to breathing exercises and ventilatory support.

Administer bronchodilators to relieve the dyspnea.

Interventions & Rationale, Related to Airway

Provide oxygen to the patient to improve the oxygenation.

Interventions & Rationale, Related to Pain

Administer analgesics as prescribed.

Provide distractions and comfort measures to reduce anxiety and pain.

Interventions & Rationale, Related to Pain

Monitor respiratory status and administer antibiotics as prescribed.

Interventions & Rationale, Related to Safety

Implement standard precautions and hand hygiene measures.

Monitor respiratory status and administer antibiotics as prescribed.

Interventions & Rationale, Related to Safety

Advice to take in rich food items to prevent anemia. Check the vital signs to know the patient's status.

Advice to come for regular check-up, identify the complications in an early stage, and take proper dressing to the patient to prevent the infection.

ADMINISTRATION AND MANAGEMENT

Advice to take in rich food items to prevent anemia. Check the vital signs to know the patient's status.

Advice to come for regular check-up, identify the complications in an early stage, and take proper dressing to the patient to prevent the infection.

Other nursing management

Advice to take in rich food items to prevent anemia. Check the vital signs to know the patient's status.

Advice to come for regular check-up, identify the complications in an early stage, and take proper dressing to the patient to prevent the infection.