

# INFLUENZA PATHOCHART



## PATHOPHYSIOLOGY

Influenza is a contagious virus with multiple strains that spreads through droplet contact. It most commonly affects the respiratory system. It is best prevented by hand-hygiene and the annual flu vaccine.

## ASSESSMENT FINDINGS

- Sudden onset, lasts 6-7 days
- Aches - head, muscles, body
- Fatigue
- Runny nose, sore throat, cough
- Vomiting
- High fever (102-104°F)

## DIAGNOSTICS

- Flu Swab
- Blood Culture
- Sputum Culture
- Chest X-ray

## NURSING PRIORITIES

- Promote Optimal Oxygenation
- Manage Infection
- Support Immune System
- Promote Comfort

## THERAPEUTIC MANAGEMENT

- Receive annual vaccine
- Bedrest & isolation
- Increase fluids
- Ensure proper nutrition
- Oxygen/respiratory support as needed

## MEDICATION THERAPY

- Antivirals (TamiFlu - oseltamivir)
- Analgesics