

**Discussion Post - Cardiorespiratory Issues**

Student Full Name

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## Discussion Post - Cardiorespiratory Issues

### Cardiac or Respiratory Issue and Necessary Steps for Prevention and Health Promotion

The respiratory issue identified is pneumonia. Pneumonia is a form of acute respiratory infection affecting the lungs (Lim, 2020). The lungs are made up of small sacs known as alveoli that fill with air during breathing. If an individual has pneumonia, the alveoli are filled with fluid and pus, making breathing difficult and restricting oxygen intake. The key steps necessary to prevent pneumonia and health promotion include encouraging vaccination, improving hygiene, adopting healthy habits, seeking medical care when sick with a cold, and avoiding exposure to people suffering from pneumonia. In addition, vaccination against pneumonia decreases the risk of getting the disease. The pneumonia vaccinations comprise Pneumococcal conjugate and Pneumococcal polysaccharide vaccines (Grief & Loza, 2018). These vaccines are recommended for adults over sixty-five years of age and children. In conclusion, pneumonia is among respiratory issues, which healthcare organization should aim to prevent and promote as it can kill, resulting from breathing difficulties.

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### Resources Necessary for Non-Acute care for Cardiorespiratory Issues

Cardiorespiratory issues come about as a result of interferences in the circulatory and respiratory systems, which obstruct the functioning capacity of the cardiorespiratory system.

Nonacute care refers to specialized care, which focuses on optimizing a patient suffering from chronic illness of cardiorespiratory functioning (Guo et al., 2018). Some of the resources for nonacute care of cardiorespiratory issues include Home health and pulmonary rehabilitation. Home health as a resource allows individuals to understand their illness process and acquire support with medication administration and education regarding the application of durable medical equipment (Schumacher et al., 2018). Pulmonary rehabilitation involves a cost-effective therapeutic resource that enhances the quality of life, physical performance ability, and shortness of breath of patients with chronic obstructive pulmonary disease (Gloeckl et al., 2018). In addition, pulmonary rehabilitation assists in promoting patients' quality of life and cancellation to operate through nutritional counseling, education regarding the illness, management practices, methods of conserving energy, psychological counseling, and breathing strategies. In overall, these resources are essential in providing non-acute care for cardiorespiratory issues.

## References

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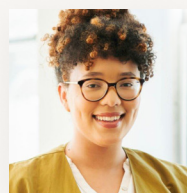
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