## ANATOMY AND PHYSIOLOGY OF THE RESPIRATORY SYSTEM

#### UPPER RESPIRATORY TRACT

- Nose: Humidifies, warms, and filters inspired air.
- Sinus: Air-filled cavities within the hollow bones that surround the nasal passages & provide resonance during speech.
  - Pharynx: Passageway for the respiratory and digestive tract located behind the oral and nasal cavities. Divided into the nasopharynx, laryngopharynx, and oropharynx.
  - Laryno: Located below the pharynx at the root of the tongue. Also known as the "Voice Box". Contains two pairs of vocal cords, the false & the true cords. The opening between the true cords is the glottis. Glottis plays an important role in coughing, coughing is the most fundamental defense mechanism of the lungs.
- Epiglottis: Leaf shaped elastic flap structure at the top of the larynx. Prevents food from entering the tracheobronchial tree by closing over the glottis during swallowing

#### LOWER RESPIRATORY TRACT

- Trachea: Located in front of the esophagus, branches into the right and left main stem bronchi at the carina.
  - Mainstern bronchic Begins at the carina, the right bronchus is slightly wider, shorter and more vertical than the left bronchus. The mainstern bronchi divide into secondary or lobar bronchi that enter each of the five lobes of the lungs. The bronchi are lined with cilia which propel mucus up and away from the lower airway to the trachea where it can be expectorated.
  - Bronchioles: Branch from the secondary bronchi and subdivide into the small terminal and respiratory bronchioles. Bronchioles contain no cartilage and depend on the elastic recoil of the lung for patency. The terminal bronchioles contain no cilia and do not participate in gas exchange.
  - Alveolar ducts and Alveoli: Alveolar ducts branch from the respiratory bronchioles. Alveolar sacs, which rise from the ducts contain clusters of alveoli which are the basic units of gas exchange. Type II alveolar cells in the walls of the alveoli secrete surfactant.
  - Lungs: Located in the pleural cavity in the thorax. Extend from the clavicie to the diaphragm. The right lung is divided into three lobes and is larger than the left lung. The left lung is divided into two lobes and is narrower to accommodate for the heart. The respiratory muscles are innervated by the phrenic nerve, the vagus nerve, and thoracic nerves. The parietal pleura lines the thoracic cavity. The visceral pleura covers the lung surfaces.

#### FUNCTIONS OF THE RESPIRATORY SYSTEM

#### Primary:

- Provides oxygen metabolism to the tissue.
- Removes carbon dioxide

#### Secondary:

- Facilitates smell
- Produces speech
- Maintains acid-base balance
- Maintained body water levels
- Maintains heat balance

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#### UPPER RESPIRATORY TRACT





#### RESPIRATORY PROCESS

- The diaphragm extends into the abdominal cavity during inspiration which causes negative pressure in the pleural cavity. Negative pressure draws air from
- Negative pressure draws air from the area of greater pressure, the atmosphere, into the area of lesser pressure, the lungs.
  - In the lungs air passess through the terminal bronchioles into the alveoli to oxygenate the body tissues.
    - At the end of inspiration, the diaphragm and the intercostal muscles relax and the lungs to recoil.
    - As the lungs recoil, pressure within the lungs becomes higher than atmospheric pressure causing air, which now contains the cellular waste products such as carbon dioxide and water, to move from the alveoli in the lungs to the atmosphere.

#### TARS & DIAGNOSTICS

- Chest X-ray
- Sputum specimen
- Larymposcopy
- Bronchoscopy
- Endobronchial ultrasound
- Pulmonary angiography
- Thoracentesis
- Pulmonary function test
- Lung biopsy
- Ventilation perfusion lung scan
  - Mantoux test for TB
- ABG's
  - Pulse oximetry





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**Holly K. Stromberg** 

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