

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Pneumonia is a serious lung infection. Bacteria or viruses cause many cases of pneumonia. Other causes include fungi, chemicals, and gases. Pneumonia may also appear after another illness, such as a cold, flu, or bronchitis. Those most at risk include the elderly and people with chronic health problems.

When You Have Pneumonia

- Pneumonia causes the bronchioles and the alveoli to fill with excess mucus and become inflamed.
- Your body's response may be to cough. This can help clear out the fluid.
- The fluid (or mucus) you cough up may appear green or dark yellow.
- The excess mucus may make you feel short of breath.
- The inflammation may give you a fever.

What Are the Symptoms?

- Severe cough with uncontrolled spasms
- Fever and chills
- Coughing up mucus
- Shortness of breath
- Increased heart rate
- Chest pain or discomfort when breathing in or coughing.

What are the Risk Factors Leading to Pneumonia?

- Irritants in the air (smoke or toxic substances)
- Other infections of the upper respiratory system such as bronchitis of the common cold
- Lack of mobility
- On going poor nutrition
- Debilitated physical condition
- Extremes in ages (very young or very old)

What Can I do to prevent a Relapse?

- Follow your doctor's instructions
- Take all medications as prescribed
- Get plenty of rest and conserve energy
- Drink lots fluid
- Maintain a well-balanced diet

Adapted from *Clinical Pathways for the Multidisciplinary Home Care Team Volume 2*

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.
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