

Pneumonia

Empowering *you* and *your* Loved One

Goals

- Recovery
- No relapse of pneumonia
- No serious complications



When only *home* will do, we can *help*
1-877-308-1212 • www.CompassionateCareMI.com

Compassionate Care Home Health Services, Inc. is a home health care agency, owned and operated in Michigan, that has been providing excellent home health care for Michigan residents and their families since 1998. We are dedicated to providing the highest quality home health services including but not limited to personal care, private duty nursing services, and therapies.

Pneumonia is an infection of the lungs that can be caused by many different bacteria, viruses and even fungi. Severe pneumonia is most commonly caused by pneumococcus (a certain bacterium).

Adults at an increased risk of getting pneumonia include smokers, those over the age of 65, those with chronic lung, heart, liver, and kidney disease, asthma, and others. Transmission of the pneumococcal bacteria is spread from person to person by direct contact with respiratory secretions (i.e. saliva, mucus). Potential complications can result in an infection in the space around the lungs, inflammation of the heart sac, an abscess in the lung, and even death.

Compassionate Care believes every individual has the right to understand their plan of care, make decisions about services they receive and live as independently as possible.

You will find a specialized care plan for clients at risk for or those with pneumonia on the reverse side. Please utilize this plan as a guideline for caring for you or your loved one.

Know the Symptoms:

Pneumococcal pneumonia is the most common, serious form of pneumonia. Symptoms include:

- Fever and chills
- Cough
- Rapid or difficulty breathing
- Chest pain

Older adults with pneumococcal pneumonia may have other symptoms, including confusion and decreased alertness, instead of or along with the symptoms above.

Call 911 IMMEDIATELY if you have:

- Severe shortness of breath or are unable to breathe
- Coughing up blood
- Lips or fingernails turning blue
- Any life-threatening emergency

At Home Service Plan for Pneumonia Clients

Medications

- Take antibiotics exactly as ordered by your physician. Missing doses may allow the bacteria to remain in the body and even grow. This can cause a relapse of the pneumonia.
- Take nebulizer treatments if ordered.

Nutrition

- Assist or encourage the client to eat healthy. Good nutrition helps the body's healing process and supports the body's immune system.
- Encourage client to drink plenty of water. Drinking plenty of water will help keep the body's mucus membranes moist and healthy.

Monitor

- Monitor client for symptoms of relapse of pneumonia:
 - Complaint of 'racing' heart rate
 - Shortness of breath
 - Worsening cough
 - Fever and chills
 - Chest pain
- Monitor client for symptoms of invasive pneumococcal meningitis:
 - Stiff neck
 - Headache
 - Fever
 - Pain when looking into bright lights
- Monitor client for symptoms of invasive pneumococcal bacteremia:
 - Fever and chills
 - Low alertness

Support

- Assist the client in using a cool mist humidifier or vaporizer if ordered. Keeping the air in the home moist may make breathing easier and may help to relieve coughing.
- Encourage or remind the client to get plenty of rest.
 - Getting plenty of rest will help the body's healing process.
 - Some clients may find it easier to breathe while resting in a recliner or with the head of their bed raised.
 - A caregiver can support the client's rest by providing light housekeeping services.