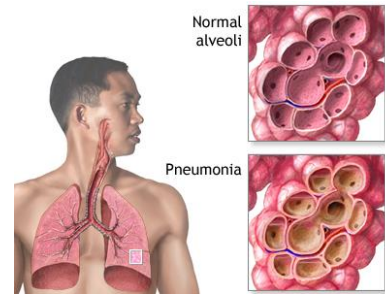


# Pneumonia

## What is pneumonia?

Pneumonia is an infection in lungs caused by bacteria, viruses, or fungus. Person can become infected if he come in contact with someone who is sick. Person can get pneumonia if he recently had surgery or needed a ventilator to help breathe. Pneumonia can also be caused by accidentally inhaling saliva or small pieces of food. Pneumonia may cause mild symptoms, or it can be severe and life-threatening.



## Risk factors

- A cold or the flu
- Health conditions, such as heart or lung disease
- A weakened immune system caused by HIV, cancer, or steroid use
- Recent hospitalization
- Smoking
- Excess alcohol use
- Older age

## Signs and symptoms

- Fever or chills
- Cough
- Shortness of breath or rapid breathing
- Chest pain when cough or breathe deeply
- Headache
- Vomiting
- Fatigue or confusion

## Diagnosis

- Pulse oximetry measures the amount of oxygen in blood.
- Blood and urine tests may show signs of an infection or the bacteria causing pneumonia. Blood tests can also show how much oxygen is in blood.
- A chest x-ray or CT scan may show signs of infection in lungs.
- A mucus sample is collected and tested for the germ that is causing illness. It can help healthcare provider choose the best medicine to treat the infection.

## Treatment

- Medicines are given to treat a bacterial infection. doctor may also recommend acetaminophen. It decreases pain and fever. Acetaminophen can cause liver damage if not taken correctly.
- Airway clearance techniques are exercises to help remove mucus so patient can breathe more easily. Breath exercises may be used along with machines or devices to help decrease symptoms.
- Respiratory support is given to help breathe.

## Clinical teaching

- Avoid the spread of germs.
- Wash hands often with soap and water.
- Use gel hand cleanser when there is no soap and water available.
- Do not touch your eyes, nose, or mouth unless washed hands first.
- Cover your mouth when you cough.
- Limit alcohol.