

## 7

# Pneumonia

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

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- I. The client/caregiver can define pneumonia.**
- It is an inflammation of the lung usually caused by infection with
    - Bacteria
    - Viruses
    - Mycoplasma
    - Chlamydia
    - Fungi
    - *Pneumocystis carinii*
  - The disease progresses from filling of the airways and air sacs to hardening of the lung tissue as exudate collects.
- II. The client/caregiver can list factors that increase risk.**
- Smoking and air pollution
  - Upper-respiratory infection
  - Prolonged immobility
  - Malnutrition
  - Chronic diseases (diabetes, heart disease, cancer, renal disease, etc.)
  - Exposure to intense cold, damp weather
  - Inhalation of noxious substances
  - Immunosuppressive drugs
  - Age (very young or very old)
  - Alcohol abuse
- III. The client/caregiver can list where and how they can be exposed to organisms that cause pneumonia.**
- Community acquired
  - Hospital acquired
  - Aspiration pneumonia (foreign matter inhaled into lung)
  - Opportunistic organisms (when immune system is impaired)
- IV. The client/caregiver can recognize signs and symptoms.**
- Chest pain
  - Fever and chills
  - Cough (may be productive)
  - Green-, yellow-, or rust-colored sputum

- V. The client/caregiver can list measures to prevent or manage pneumonia.**
- Receive flu and pneumonia vaccinations.
  - Drink 2 to 3 quarts of fluid daily to thin secretions, and replace fluid loss unless contraindicated.
  - Avoid the spread of infection.
    - Wash hands, and use hand sanitizers if not possible to wash.
    - Cover mouth with tissue when coughing.
    - Dispose of used tissues properly.
  - Avoid smoking because it destroys ciliary action and increases secretions.
  - Avoid excessive alcohol, which lowers resistance to infection.
  - Allow for plenty of rest during illness.
  - Encourage deep breathing and coughing every 2 hours.
  - Prevent aspiration for clients at risk.
  - Cleanse respiratory equipment on regular basis.
  - Encourage frequent oral hygiene.
  - Change position frequently if client is immobilized.
  - Take all medications prescribed. Avoid sedatives and other medications that cause respiratory depression.
  - Keep follow-up appointment with physician.
- VI. The client/caregiver is aware of possible complications.**
- Pleural effusion
  - Collapsed lung
  - Lung abscess
  - Septic shock
  - Congestive heart failure

(Continued)

**RESOURCE**

Smoking cessation support groups

**REFERENCES**

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