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Pneumonia

Patient name: _____

Admission: _____

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I. The client/caregiver can define pneumonia.

- A. It is an inflammation of the lung usually caused by infection with
 - Bacteria
 - Viruses
 - Mycoplasma
 - Chlamydia
 - Fungi
 - Pneumocystis carinii
- B. 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.

- A. Smoking and air pollution
- B. Upper-respiratory infection
- C. Prolonged immobility
- D. Malnutrition
- E. Chronic diseases (diabetes, heart disease, cancer, renal disease, etc.)
- F. Exposure to intense cold, damp weather
- G. Inhalation of noxious substances
- H. Immunosuppressive drugs
- I. Age (very young or very old)
- J. Alcohol abuse

III. The client/caregiver can list where and how they can be exposed to organisms that cause pneumonia.

- A. Community acquired
- B. Hospital acquired
- C. Aspiration pneumonia (foreign matter inhaled into lung)
- D. Opportunistic organisms (when immune system is impaired)

IV. The client/caregiver can recognize signs and symptoms.

- A. Chest pain
- B. Fever and chills
- C. Cough (may be productive)
- D. Green-, yellow-, or rust-colored sputum

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- E. Muscle pain and weakness
- F. Loss of appetite
- G. Rapid pulse and respirations
- H. Shortness of breath

V. The client/caregiver can list measures to prevent or manage pneumonia.

- A. Receive flu and pneumonia vaccinations.
- B. Drink 2 to 3 quarts of fluid daily to thin secretions, and replace fluid loss unless contraindicated.
- C. Avoid the spread of infection.
 - 1. Wash hands, and use hand sanitizers if not possible to wash.
 - 2. Cover mouth with tissue when coughing.
 - 3. Dispose of used tissues properly.
- D. Avoid smoking because it destroys ciliary action and increases secretions.
- E. Avoid excessive alcohol, which lowers resistance to infection.
- F. Allow for plenty of rest during illness.
- G. Encourage deep breathing and coughing every 2 hours.
- H. Prevent aspiration for clients at risk.
- I. Cleanse respiratory equipment on regular basis.
- J. Encourage frequent oral hygiene.
- K. Change position frequently if client is immobilized.
- L. Take all medications prescribed. Avoid sedatives and other medications that cause respiratory depression.
- M. Keep follow-up appointment with physician.

VI. The client/caregiver is aware of possible complications.

- A. Pleural effusion
- B. Collapsed lung
- C. Lung abscess
- D. Septic shock
- E. Congestive heart failure

(Continued)

RESOURCE

Smoking cessation support groups

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