



Pneumonia

Pneumonia is an inflammation of the lungs caused by infection. Many different organisms can cause it, including bacteria, viruses, and fungi.

Who Gets Pneumonia?

The Centers for Disease Control and Prevention (CDC) estimates that certain types of pneumonia such as *S. pneumonia* cause 40,000 deaths and 500,000 cases of pneumonia annually in the United States. Bacterial pneumonia mainly causes illness in children younger than 2 years old and adults 65 years of age and older.

Risk factors for pneumonia include:

- Cerebral palsy
- Chronic lung disease (COPD, bronchiectasis, cystic fibrosis)
- Cigarette smoking
- Difficulty swallowing (due to stroke, dementia, Parkinson's disease, or other neurological conditions).
- Living in a nursing facility
- Other serious illnesses, such as heart disease, liver cirrhosis, or diabetes mellitus
- Recent surgery or trauma
- Recent viral respiratory infection (common cold, laryngitis, influenza)

In some people, particularly the elderly and those who are debilitated, bacterial pneumonia may follow influenza or even a common cold. Getting wet doesn't cause pneumonia – but an infection from a bacteria or virus does.

Symptoms of Pneumonia

The main symptoms of pneumonia are:

- Cough with greenish or yellow mucus
- Fever with shaking chills
- Shortness of breath
- Sharp or stabbing chest pain worsened by deep breathing or coughing
- Rapid, shallow breathing

Additional symptoms include:

- Headache
- Loss of appetite
- Excessive fatigue
- Excessive sweating and clammy skin
- Confusion in older people

*"Adding Years to life,
and life to years."*

Managing Pneumonia

Many people can be treated at home for pneumonia. If bacteria are causing the pneumonia, antibiotics will be used to treat it. If the cause is a virus, your doctor may use antiviral medication. In addition, follow these steps:

- Control your fever
- Get plenty of rest
- Do not take cough medicines without first talking to your doctor.
- Drink plenty of fluids to help loosen secretions and bring up phlegm

How Our Home Care Team Can Help

We provide seniors with a range of personal care services to promote health and independence and to make it possible for the elderly to age where they want to age – at home.

Our services are available 24 hours a day, 7 days a week – including weekends and holidays. With our personalized care plans, our clients choose the amount of time and type of care they prefer.

Private Duty Services

Although there is no sure way to prevent dementia, there are steps you can take that might help, including:

- Provide assistance with activities of daily living
- Assist with exercise and mobility
- Light housekeeping and organization
- Patient supervision inside the home
- Meal preparation to maintain nutrition and prevent kitchen accidents
- Transportation to errands and medical appointments
- Social stimulation to combat loneliness/ depression
- Respite for family members

Care Management

Our services may include but are not limited to:

- Initial assessment and routine evaluation to develop Plan of Care
- Coordination, communication and collaboration with care team and family
- Provide education about treatment options and serve as a resource to client and family