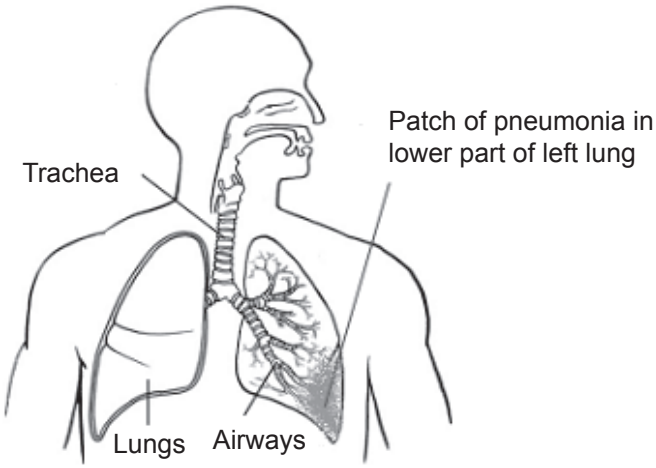
NHS
Calderdale and Huddersfield
NHS Foundation Trust

Infection Prevention and Control Department

Hospital Associated Pneumonia

What is pneumonia?

Lungs and airways



It is inflammation of tissues in the lungs and it can be quite severe. Pneumonia is usually caused by an infection being present.

What causes it?

You may breathe in viruses, bacteria or other germs that can multiply and cause a lung infection. This is more likely to occur if you are already in poor health.

What are the symptoms?

Common symptoms of pneumonia are:

- Cough
- High temperature
- Sweats / Shivers
- Reduced appetite
- Generally feeling unwell

Treatment of pneumonia

- To confirm a diagnosis of pneumonia you may have an X-ray taken. This is a picture of your chest and will assist the doctors and nurses looking after you to know what type of treatment you may require.
- You may also require blood tests and sputum tests.
- Treatment can include antibiotics and oxygen therapy.

compassionate care

Preventing pneumonia

There are a number of ways listed below how you can help yourself to prevent pneumonia:

- Drink plenty of fluids.
- Having the annual influenza and pneumococcal immunisation can prevent pneumonia. This is something you can discuss with you GP or practice nurse.
- Ensuring good oral health care (brushing of teeth etc). If assistance is required the nurses on the ward can support you with your oral hygiene.
- Frequent mobilisation and not sitting for prolonged periods of time can help.
- If you are not able to mobilise sitting upright in bed will enable the lungs to fully expand and can prevent harmful bugs from multiplying in your lungs.

Will it stop me from going home?

If you are diagnosed with pneumonia you will be commenced on the appropriate treatment. Once you are well enough to go home the doctors and nurses looking after you will discuss this with you. There is a possibility that you may be discharged with medication to take home but this will be discussed with you before you leave hospital.

Mouth Cares

Oral care is important for health and well - being for a variety of reasons. Not only is the mouth vital for eating,drinking,taste,breathing,verbal and non - verbal communication,saliva also has antibacterial properties and is part of the body's defense against infection.

Mouth care whilst in hospital:

- Twice daily brushing with tooth brush and fluoride toothpaste.
- Saliva replacement maybe given for dry mouths.
- If Nil by mouth - mouth care kits will be provided.
- Keep lips supple and moist.
- Ensure denture care includes brushing with toothpaste and the use of proprietary dental cleaners.

Mouth care at home

- Twice daily brushing with tooth brush and fluoride tooth paste.
- Use antiseptic mouth wash twice daily between brushing.
- Floss if safe to do so.
- Keep lips supple and moist.
- Ensure denture care includes brushing with tooth paste and the use of proprietary dental cleaners.

If you have any comments about this leaflet or the service you have received you can contact :

Infection Prevention and Control Departments at
Huddersfield Royal Infirmary
(01484) 342447
or
Calderdale Royal Hospital
(01422) 222376

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہے مہربانی مندرجہ بالا شعبے میں سے ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

CHFT