

Pneumonia

Patient Information

Welcome to Our Hospital

Our hospital staff and doctors are dedicated to giving you the best possible care. This patient pathway provides a general outline of what you can expect during your hospital stay. It is designed so that you and your family can become more involved in your care and discharge.

Variations may occur and the patient pathway may be altered if required.

Pneumonia

Pneumonia is an infection of the lungs. It can affect your ability to get oxygen to the cells of your body. The usual symptoms are cough with phlegm (mucus), fever, chills, headache, chest pain and shortness of breath. Treatment includes antibiotics, rest and fluids.

We Do Care

We want your hospital visit to be as comfortable as possible. Feel free to ask questions and tell us your concerns. We want you to be a partner in your care.

Admission Day to Day 3

In the first few days of your hospital stay, you can expect the following:

Tests and Treatments

- A nurse will take your blood pressure, temperature, pulse and respiration rate twice a day.
- You will have blood tests and chest x-ray.
- We will measure the oxygen level in your blood and with small probe attached to your finger. We will explain what it means.
- You may need oxygen by mask or through your nose by nasal prongs. We will adjust it according to your test results.
- We will ask you for a sample of your sputum.
- You may have an intravenous (IV) started.
- A respiratory therapist will be assessing your oxygen requirements.
- You will be encouraged to deep breathe and cough at least every hour while you are awake.

Food and Drink

- You may have your regular diet. We will check to see how well you are drinking and eating.
- If you have recently lost weight or are not eating well, please ask to speak with a dietitian.
- If you have any concerns regarding your food, please ask your nurse.

Activity

- We encourage you to be up and about as much as you are able.
- Staff will monitor your ability to walk. If necessary a physiotherapist and occupational therapist will review your mobility and other equipment needs.
- We will assess you to see if you need oxygen while you are walking.
- You will be encouraged to do as much of your care as possible.

Medication and Pain

- For the infection in your lungs you will receive antibiotics by mouth or by intravenous.
- We will ask you if you have any difficulty breathing.
- Please tell your nurse if you have any pain.
- As you improve, your medications will be given by mouth.

Discharge Planning and Learning

- If you are improving, you will be sent home with a prescription and instructions for your care.
- Members of the multi-disciplinary health care team will be available to assist you with breathing exercises, positions to help you breathe easier and discharge plans.

DAY 4 To Discharge

Tests and Treatments

- A nurse will take your blood pressure, temperature, pulse and respiration rate twice a day.
- We will continue to monitor your oxygen level in your blood.
- If your tests show you require home oxygen, staff will assist with the arrangements.

Diet

- If necessary your food and fluid will still be monitored.
- Ask your nurse if you have any questions about your diet.
- If you have any concerns about your ability to manage meal preparation at home, ask to speak to a social worker and/or occupational therapist.

Activity

- We encourage you to continue to be up as much as possible.
- If necessary, a Physiotherapist will assess you for equipment to help you walk.
- You may still require oxygen while walking.
- An occupational therapist is available to review other adaptive equipment needs.

Discharge Planning and Learning

- If you have any questions about the medications you will be taking at home, please ask.
- Medications for your lung infection will need to be taken for the duration of the treatment.
- We will discuss how you plan to manage at home.

Information For At Home

Medications

- You should always take your medications as directed.
- It is important to finish the prescribed antibiotics even if you feel better.

Diet

- If you do not eat well, you will be tired, weak and unable to do your usual activities.
- If your appetite is poor, try eating smaller meals more frequently, including nutritional snacks.
- If you need further information call Dietitians of Canada at 8-1-1, or ask your family physician for a referral to the hospital outpatient dietitian.

Activity

- Conserve energy by planning your activities, rest between tasks and practice breathing control.
- An appropriate amount of exercise is important to keep your body fit, and at maximum efficiency.
- Basic rules of energy conservation include:
 - Rest breaks
 - Sitting to do things
 - Delegate
 - Pace yourself
 - Prioritizing
 - Scheduling
 - Simplifying tasks

Medical Advice:

- Avoid conditions that increase oxygen demand such as smoking, temperature extremes, weight gain, and stress.
- It is important to call your Physician if you have
 - Chest pain.
 - Fever returns.
 - Coughing up blood.
 - Chills
 - Confusion, dizziness or fatigue.
 - More than 3 watery bowel movements a day.
 - Vomiting and can not eat or drink.
 - Shortness of breath.
 - Learn how to use your oxygen equipment properly and safely.

Other useful tips

- Walking is good for you.
- Drink something before your breathing exercise as this may help you cough up secretions.
- If you take inhaler medication, do your breathing exercise five minutes after you take your inhalers.
- If you have difficulty with your breathing exercise or coughing up secretions, then you may need assistance from physiotherapy. Contact your physician.

Ref: Simon Fraser Health Region/North Shore/ Coast
Garibaldi Health Services

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