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**DISEASES/DISOREDRS OF RESPIRATORY SYSTEM**

**PNEUMONIA**

**Chronic Obstructive Pulmonary Disease or COPD** is chronic, progressive disease. This means a person may leave for years with it but never be cured. Patients with COPD **have trouble breathing**, especially with getting air out of the lungs. There are two chronic lung diseases that are grouped under COPD: chronic bronchitis and emphysema. Patients with COPD may experience the following symptoms:

-chronic cough or wheeze

-difficulty breathing, especially when inhaling and exhaling deeply

-shortness of breath, especially during physical effort

-pale, cyanotic, reddish-purple skin

-confusion

-general state of weakness

-difficulty completing meals due to shortness of breath

-fear and anxiety

**BRONCHITIS** is an irritation and inflammation of the lining of the bronchi. Chronic bronchitis is usually caused by cigarette smoking. Symptoms include coughing that brings up sputum (phlegm) and mucus. Shortness of breath and wheezing may be present. Treatment includes stopping smoking and some medications.

**EMPHYSEMA** is chronic disease of lungs that usually results from chronic bronchitis and cigarette smoking. People with emphysema have trouble breathing. Other symptoms include coughing, breathlessness and rapid heartbeat. There is no cure for emphysema. Treatment includes managing symptoms and pain. Oxygen therapy as well as medications. Quitting smoking is very important.

Overtime patient with either of these disorders becomes chronically ill and weakened. There is a high risk for acute lung infections, such as pneumonia.

**PNEUMONIA** is an illness that can be caused by bacterial, viral, or fungal infection. Acute inflammation occurs in lung tissue. The affected patient develops a high fever, chills, cough, greenish or yellow sputum, chest pain and rapid pulse. Treatment includes antibiotics, along with plenty of fluids. Recovery from pneumonia may take longer for older adults and people with chronic illnesses. When lungs and brain do not get enough oxygen, all body systems are affected. **Patients may live with a constant fear of not being able to breathe**. This can cause them to **sit upright in an attempt to improve their ability to expand the lungs.** These patients may have poor appetites. They usually do not get enough sleep. They may fear suffocation.

Pneumonia may be caused by aspiration, or **ASPIRATION PNEUMONIA** – complication of pulmonary aspiration, when you inhale food, stomach acid, fluids or saliva into your lungs. Aspiration pneumonia can cause severe complications; the infection may progress quickly and spread to other areas of the body. Signs and symptoms of silent aspiration include: wheezing, chocking, gagging, coughing, spitting during feeds, vomiting, apnea, cyanotic episodes, hoarseness, sore throat, tearing when eating.

**GUIDELINES:**

-Colds or viruses can make patients very ill quickly, observe and report signs of symptoms getting worse.

-Help clients sit upright or lean forward. Offer pillows for support.

-Offer plenty of fluids and small, frequent meals. Encourage a well balanced diet.

-Keep Oxygen supply available as ordered.

-Be calm and supportive.

-Use proper infection prevention practices. Wash your hands often and encourage client to do the same. Dispose of used tissues promptly.

-Encourage as much client independence with ADLs as possible.

-Remind clients to avoid situations where they may be exposed to infections, especially cold and flu.

-Encourage pursed-lip breathing; it involves inhaling slowly through the nose and exhaling slowly through pursed lips (as if about to whistle).

-Encourage client to save energy for important tasks.

**OBSERVE AND REPORT**:

-Temperature over 101 F.

-Changes in breathing patterns, including shortness of breath.

-Changes in color or consistency of lung secretions.

-Refusal to take medications as ordered.

-Change in mental state or personality.

-Excessive weight loss.

Other respiratory disorders include Asthma, Bronchiectasis, Upper Respiratory Infection, Lung Cancer, Tuberculosis.

Pneumonia vaccination with pneumococcal vaccines is available for all adults 65 years old and older, and for some children and young adults with certain underlying medical conditions. CDC recommends 2 vaccines within one year. It protects against 23 types of pneumococcal bacteria. It can be received from a medical provider.