



ASSURE[®] BRILLIANCE

COMPREHENSIVE SERVICE & SUPPORT PROGRAM

Reducing the Risk of Pneumonia



Pneumonia is a common infection acquired by residents in long-term care facilities. Residents with diabetes are at a greater risk of contracting pneumonia and more likely to experience complications than those who do not have diabetes. They are also more likely to contract pneumonia after having a cold or influenza. The good news is there are steps that can be taken to reduce the risk of contracting and treating pneumonia.

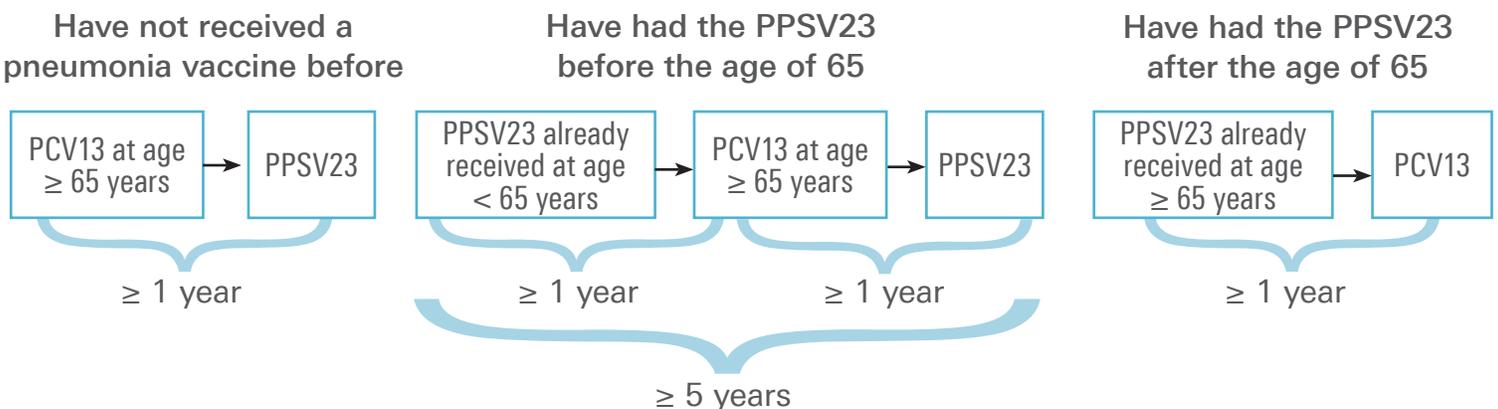
The steps that can be taken to reduce the risk of contracting and/or spreading pneumonia are similar to preventing the common cold and influenza.

- Wash hands regularly
- Clean surfaces that are touched a lot
- Cough or sneeze into a tissue, elbow or sleeve
- Receive an influenza vaccine

Pneumococcal Polysaccharide Vaccine - PPSV23 and Pneumococcal Conjugate Vaccine - PCV13

In addition to the steps above, it is recommended that residents with diabetes receive one or both of the pneumococcal vaccines (depending on their age and if they have already had the vaccine). The vaccine is about 60 percent effective in preventing the most serious types of pneumonias and death.

- 1 If the resident is between the ages of 19 and 64, and their only medical issue is diabetes, the ACIP recommends that they receive the PPSV23 vaccine only
- 2 If they are 65 years of age or older, follow the sequence and intervals below



Pneumonia can be caused by many different bacteria, viruses or fungi. If a resident contracts pneumonia, it is necessary to determine the type to provide the proper treatment. A physical exam and possibly a chest x-ray may be performed to confirm if the resident has pneumonia, but blood tests are needed to determine the type of pneumonia the resident has contracted.

If it is determined that the resident has **bacterial pneumonia**, some possible treatments include:

antibiotics, intravenous fluids, respiratory and oxygen therapy. The resident may begin to feel better two to three days after they begin their course of antibiotics. If it is a **viral pneumonia** then antibiotics will not be administered as they will not have an effect on the virus. Instead an anti-viral medication may be administered to help relieve the symptoms, such as oseltamivir (Tamiflu®) or zanamivir (Relenza®).

Sources

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4. CDC. Pneumonia can be prevented—Vaccines can help. www.cdc.gov/features/pneumonia/. Published: Nov 2015. Accessed: Jan 2016.
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