



We provide trusted, compassionate and expert health care to our community members to improve their health, independence and dignity.

Cornerstone VNA is an independent nonprofit organization. Our programs include:

HOME CARE

Advanced care by an interdisciplinary team for patients with complex medical issues

HOSPICE CARE

End-of-life care including physical, emotional and spiritual comfort

PALLIATIVE CARE

Specialized care and symptom management for people with chronic illnesses

LIFE CARE

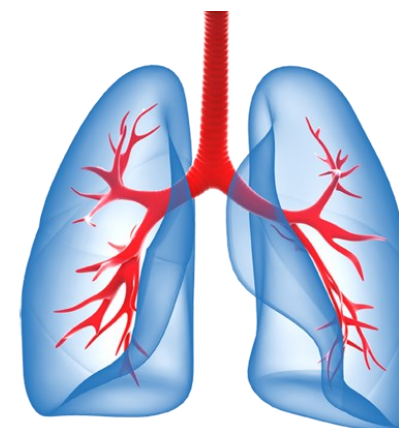
Private duty program to help people “age in place”

COMMUNITY CARE

Community outreach, wellness clinics, educational programs, and caregiver support

To learn more about our health care programs call 800-691-1133 or visit our website, cornerstonevna.org.

Main Office: 178 Farmington Road, Rochester, NH 03867



LEARN HOW TO MANAGE YOUR CONDITION

Disease Process and Risk Factors

The Role of Medication, Diet, and Exercise

Steps YOU Can Take to Improve Your Health

603-332-1133

Setting Your Personal Goals

My Personal Plan:

I would like to work on the following areas:

- Monitoring My Symptoms
- Using Oxygen
- Using my Inhalers or Breathing Treatments
- Preventing Infections
- Stop Smoking
- Regular Exercise
- Independence with _____
- Eating Healthy
- Other _____

What concerns you the most about your infection?

My long term GOAL is? (where you want to see yourself 6 months or a year from now)

Possible problems in meeting my goal:

Personal Action Plan

Your Action Plan

Use this guide to help you report changes in your symptoms to your doctor or home care provider.



You are doing WELL when:

- You **DO NOT** have **new or worsening**:
 - Shortness of breath or tiredness (less energy)
 - Chest Pain
 - Mucus, fever, or cough

Call CORNERSTONE VNA at 603-332-1133

- You **DO** have **new or worsening**:
 - Shortness of breath with activities or when lying down
 - Mucus, fever, or cough
 - Less energy
 - Have a change in appetite (less hungry)
 - Feel uneasy and know that something is not right
- *****Fever may or may not be present*****

Call 911 RIGHT AWAY when:

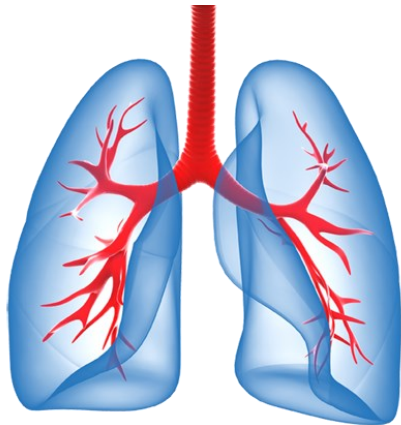
- You have severe shortness of breath or shortness of breath at rest
- You have chest pain that doesn't go away
- Your lips or fingernails turn gray or blue
- You feel unusually sleepy or confused

What does *PNEUMONIA* mean?

Pneumonia is an infection in one or both of the lungs. Many germs such as bacteria, viruses, or fungi can cause pneumonia. It is often spread by coughing, sneezing, or even breathing.

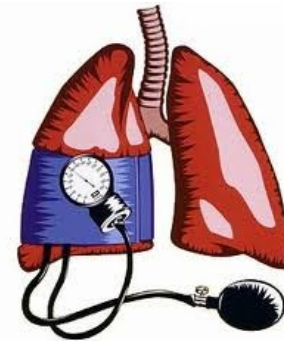
The infection inflames your lungs' air sacs, which are called alveoli. The air sacs may fill up with fluid or pus, causing symptoms such as cough with mucus, fever, chills, and trouble breathing.

Treatment for pneumonia depends on the germ causing the infection, how severe your symptoms are, and your age and overall health. Many people can be treated at home, often with oral antibiotics.



Tips to Keep You Healthy:

- Get your **flu vaccine** every year
- Talk to your doctor about getting a **pneumonia vaccine**
- **Stay hydrated** – drink plenty of fluids, especially water
- **Get plenty of rest** – because pneumonia can happen again, don't jump back into your routine until you are fully recovered
- **Take your medication** as prescribed
- **Wash your hands** before and after contact with people. Wash your hand regularly or use an alcohol-based hand sanitizer
- **Avoid** being around anyone with cold or flu symptoms
- **Don't smoke**
- Keep your **immune system strong**– get enough sleep, exercise regularly and eat a healthy diet



Telehealth

- ✓ In addition to seeing you at home, your home care nurse will use “telehealth” to monitor your PNEUMONIA

What is Telehealth?

- ✓ A very simple wireless monitoring system is placed in your home. This may include a special scale, blood pressure cuff, and pulse oximeter and will ask you questions that you answer each day. Your nurse will teach you how to use the telehealth system.
 - Your information (weight, blood pressure, etc.) is sent to the home care agency computer. A nurse at the agency checks your information every day. If there are changes, your nurse will call you or visit you at home.
 - You can learn about your disease using videos and educational materials.

You can call the home care agency

- ✓ If you have any of the symptoms in the **YELLOW Zone** on your Stop Light or if you just want to ask a question.

The home care nurse may give you advice over the telephone and may want to see you at your home or may tell you to call 911 if your symptoms get worse

Types of Pneumonia:

Community acquired pneumonia: occurs outside of the hospital and other health care settings. It is the most common type, most cases occur during the winter, and about 4 million people get this form of pneumonia each year.

Hospital acquired pneumonia: when you catch pneumonia during a hospital stay. This can be more serious because you are already sick, and hospitals have more germs that are resistant to antibiotics.

Health care-acquired pneumonia: when you catch pneumonia while in a long-term care or rehab facility or outpatient clinic

Aspiration Pneumonia: can occur when you inhale food, drink, vomit, or saliva into your lungs. People with swallowing difficulties are more at risk.



Understanding Your Pneumonia

Symptoms:

- Cough (with some pneumonias you may cough up greenish or yellow mucus, or even bloody mucus)
- Fever, can be mild or high
- Shaking chills
- Shortness of breath, which may occur when you climb stairs
- Other symptoms:
 - Sharp or stabbing chest pain that gets worse when you breathe deeply or cough
 - Headache
 - Excessive sweating and clammy skin
 - Less hungry, low energy, more tired
 - Confusion

Symptoms vary, depending on whether your pneumonia is bacterial or viral.

- **Bacterial Pneumonia:** your temperature may rise as high as 105 degrees F. Excessive sweating, very fast breathing and fast pulse rate. Lips and nailbeds may have a bluish color. You may be confused.
- **Viral Pneumonia:** same as influenza symptoms: fever, dry cough, headache, muscle pain, and weakness. Within 12-36 hours, there is increasing breathlessness; cough becomes worse with small amount of mucus. There is a high fever and may be blueness of the lips.

Activity & Exercise

You should monitor yourself for *fatigue* and *shortness of breath* when you exercise. Your home care nurse or therapist will teach you how to use the Borg scale so that you can rate your shortness of breath and/or fatigue during activity and exercise.

Modified Borg Scale

0	NOTHING AT ALL
0.5	VERY, VERY SLIGHT (just noticeable)
1	VERY SLIGHT
2	SLIGHT
3	MODERATE
4	SOMEWHAT SEVERE
5	SEVERE
6	
7	VERY SEVERE
8	
9	VERY, VERY SEVERE (almost maximal)
10	MAXIMAL

Staying Active and Safe:

- Talk to your doctor before starting an exercise program
- Exercise provides many benefits for you when you have PNEUMONIA.
- Pace Yourself- *Slow down!* Take several rest breaks. Be sure you are breathing normally. *“Small amounts of exercise, multiple times a day”*
- Activities such as walking, bike riding, or swimming are good exercise options.
- Exercise will:
 - *Improve your muscle tone*
 - *Strengthen your heart*
 - *Increase your energy*
 - *Make you feel better*
- Before starting an exercise program, your PNEUMONIA should be resolving.
- It is important to start slowly when you are not



Pneumonia Symptoms, Causes, and Risk Factors

- Anyone can get Pneumonia
- Its is commonly caused by a respiratory infection such as the flu
- Older adults, children and people with chronic disease, including COPD and Asthma are at high risk for pneumonia

Risk Factors:

- Cigarette Smoking
- Recent viral respiratory infection– a cold, Laryngitis, flu
- Difficulty swallowing
- Chronic lung disease such as COPD or Cystic Fibrosis
- Other serious illnesses, such as Heart Disease, Liver Cirrhosis, or Diabetes
- Recent surgery or trauma
- Having a weakened immune system due to illness, certain medications, and autoimmune disorders

Medicines: Inhalers

1. **Bronchodilators** - action: relax smooth muscles in the airways
2. **Corticosteroids** - reduces swelling in the airways. Examples: **Inhaled** (Flovent[®], Pulmicort[®], Asmanex[®]) **Pills** (prednisone)
3. **Expectorants** - mucinex
4. **Antibiotics** - used to treat bacterial pneumonia
5. **Fever Reducers** - used to bring down a fever. Examples: Ibuprofen (Advil, Motrin) and acetaminophen (Tylenol)
6. **Cough Medicines** – used to calm your cough so that you can rest. Coughing helps loosen and move fluid from your lungs, its good not to eliminate your cough completely.
7. **Vaccines**

Influenza– flu every year

Pneumonia– ask your doctor



Breathing Techniques

- Pursed lip breathing – creates back pressure to keep airways open and reduce air trapping. **SSSSSSSSSSSmell the rose and blow out the candle”**
 - Exhale through pursed lips for *twice* as long as inhalation: Inhale through the nose
 - Normal size breaths, not deep breaths
- Diaphragmatic breathing – may not be helpful with very severe disease
 - When you breath out, your stomach should come in
 - When you breath in, your stomach should go out
- Controlled Cough: to help you do a good cough and decrease shortness of breath & coughing spasms
 - Take a deep breath
 - Hold several seconds
 - Tighten stomach
 - 2-3 short coughs
 - Breath in slowly through the nose
 - May need to repeat several times

Diet & Nutrition

- Eating healthy is important
- Stay hydrated. Drink plenty of fluids (Talk to your doctor if you are on a fluid restriction)
- Eat several small meals per day so you eat enough calories
- Your body needs oxygen to breath. You need more oxygen to digest large meals instead of using it to help you breath easier
- Eat food high in protein like eggs and lean meats like turkey, fish and chicken
- Eat fruits and vegetables as they are a good source of vitamins and minerals



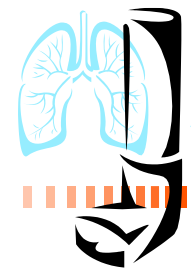
Medicines

HOW TO USE YOUR INHALER

Correct Inhaler Use:

Technique

- Step 1 Take off cap
- Step 2 Shake canister
- Step 3 ***Exhale first
- Step 4 **Without Spacer**: Activate Inhaler while taking a deep steady breath in as soon as the inhaler is activated
- Step 5 **With Spacer**: Activate inhaler, allow medication to fill the chamber, then take a deep steady breath in
- Step 6 Hold breath 10 sec
- Step 7 ***Wait 1-minute before next puff



Medicines

Medicines: Nebulizers

Purpose: medications for breathing that are inhaled by a mouth piece or mask.

- Instructions for use
 - Put medication into cup and screw cap on tightly
 - Sit upright
 - Place mouthpiece between teeth, over tongue, with lips comfortable sealed
 - Once treatment begins, do not interrupt until complete
 - Take deep relaxed breaths until nebulizer begins to sputter
- Instructions for cleaning
 - Clean equipment based on the machines instructions
 - Wash in soapy water, rinse, disinfect, rinse, air dry

Medicines: Oxygen

- Oxygen: KEY for SURVIVAL
 - Benefits (extends life, decreases stress on heart, makes breathing easier, improves muscle function, improves ability to think clearly)
 - It improves your ability to do the things you enjoy
 - Follow your doctors orders for O2 liters, **DO NOT** increase or decrease yourself

Smoking Cessation

- ✓ Stopping Smoking is the single most effective thing you can do to prevent PNEUMONIA and its progression
- ✓ There is no safe amount of smoking
- ✓ It doesn't matter what age you stop, you can prolong your life
- ✓ Talk with your nurse about ways to help you stop.

