

# NIPAWIN HOSPITAL

## PNEUMONIA/BRONCHITIS

### DESCRIPTION:

Pneumonia is an infection in the lungs that may be caused by an organism that either originated in the lung or was carried there by the blood stream.

### INSTRUCTIONS:

- Avoid becoming chilled when bathing.
- Humidity in room.
- Change water daily in humidifier.
- Encourage extra fluids.
- Encourage rest periods throughout the day.
- Observe for increase in cough, congestion or fever and
- Report symptoms to Doctor if they occur.

### Deep Breathing and Coughing:

**Purpose:** To ensure adequate ventilation to bases of lungs.

- » If the phlegm is left to collect in your chest you may be sick - and possibly get pneumonia.
- » These exercises assist in eliminating phlegm and avoiding congestion.

### Exercises

- **Diaphragmatic Breathing**
  - Place your head on your chest below sternum (breast bone)
  - Breathing in should push your hand out
  - Breath in through your nose, out through your mouth. (Hold breath 3 secs)
  - Do this 3 - 4 times then stop.
  - Breath at normal rate.
- **Lateral Costal Breathing**
  - Place hands on lower ribs (at sides)
  - Breathing in should push your hands apart. Hold breath for 3 seconds.
  - Do this 3 or 4 times then stop.
  - Breathe at normal rate.
- **Coughing**
  - Breath in deeply, then breath out All your air. This will stimulate you to cough and any phlegm present will be coughed up.  
**\*\* Spit Any Phlegm Out - Do Not Swallow It. \*\***

These exercises should be done at least every 2 hours.