



M.P. SHAH HOSPITAL
A Legacy of Care

BRONCHITIS

DEFINITION

Bronchitis occurs when the bronchioles – the tubes that carry air in and out of the lungs - are inflamed and make too much mucus.

TYPES OF BRONCHITIS

1. **CHRONIC BRONCHITIS:**

This causes recurrent respiratory infection for over three months and lasts over two years characterized by productive sputum this is aggravated by smoking. Chronic bronchitis can cause airflow obstruction and is grouped under the term **Chronic Obstructive Pulmonary Disease (COPD)**.

2. **ACUTE BRONCHITIS:**

Usually caused by a viral infection and lasts for up to 10 days.

CAUSES OF BRONCHITIS

1. Certain age groups because of low immunity (old and the younger population)
2. Being exposed to certain toxic gases
3. Cigarette smoking
4. Recurrent heart burn that irritates the throat

SYMPTOMS OF BRONCHITIS

1. A cough that is frequent and produces mucus
2. A lack of energy
3. A wheezing sound when breathing (may or may not be present)
4. A fever (may or may not be present)
5. Shortness of breath

What precaution can I take if I have Bronchitis?

In acute phase one can transmit the disease until only after 24 hours of antibiotics use. The disease spreads from person to person when a person with the disease coughs or sneezes around another person who is in close contact or touches contaminated surfaces.



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HOW CAN I BE DIAGNOSED WITH BRONCHITIS?

1. From the signs and symptoms
2. History you present with
3. Chest X-ray

TREATMENT OF BRONCHITIS

Acute bronchitis can go untreated but treatment can be used to treat the presenting complains i.e. painful cough and fever.

In chronic bronchitis (COPD)

1. Anti-inflammatory drugs like steroids will reduce swelling and mucus output
2. Antibiotic to treat the infection
3. Bronchodilators are drugs that help air ways to open
4. Avoid over-activity and take plenty of rest
5. Drink plenty of water
6. Humidifier can be used to relive cough and loosen the mucus
7. Chest physiotherapy can be done to help ease breathing and loosen secretion

HOW CAN I PREVENT BRONCHITIS?

1. Get vaccinated against haemophilus influenza
2. Quit smoking
3. Wash your hands frequently or use a sanitizer after touching a contaminated surface
4. Wearing a surgical mask when in a crowd of people
5. Keep a distance of 1.5 m

COMPLICATIONS

1. Chronic bronchitis
2. Pneumonia

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