



M.P. SHAH HOSPITAL
A Legacy of Care

PNEUMONIA

WHAT IS PNEUMONIA?

Pneumonia means infection of the lungs.

WHAT CAUSES PNEUMONIA?

Breathing in some bacteria, viruses, or other germs. If you are normally healthy, inhaling a small number of germs usually does not matter. They will be trapped in your sputum and killed by your immune system. Sometimes the germs multiply and cause lung infections.

HOW SERIOUS IS PNEUMONIA?

With treatment, many patients make a full recovery with antibiotics and rest at home. However, some bacteria, viruses, and other germs are more serious than others. Some people may become very ill and require hospital admission.

WHAT ARE THE SYMPTOMS OF PNEUMONIA?

Cough, fever, fast breathing, sweats, shivers, loss of appetite, fatigue, feeling generally unwell, headache, body aches and chest pain.

WHAT IS THE TREATMENT FOR PNEUMONIA?

TREATMENT AT HOME

- Treatment at home is preferred if the pneumonia is mild.
- An antibiotic may be prescribed when pneumonia is suspected.
- Symptoms should improve within 2-3 days if the treatment is working. Taking plenty of fluids will help avoid becoming dehydrated.
- Taking paracetamol as needed may ease fever and headaches.
- Call your doctor or go back to the hospital if symptoms do not improve within two days or get worse at any point.



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HOSPITAL TREATMENT

Hospital admission may be advised if you have severe pneumonia, or if symptoms do not improve 48 hours after you have started antibiotic treatment. Also, you are more likely to be treated in a hospital if you are considered a high-risk patient due to other diseases you may have or treatments that may cause your immune system to be weak.

During your hospital stay:

- A chest X-ray may be done to see the extent of the infection
- Blood and sputum samples may be taken for testing
- Medications and fluids may be administered via your veins
- Oxygen and other supportive treatments may be used to assist your breathing
- Those who become severely unwell may need treatment in a critical care unit.

CAN PNEUMONIA BE PREVENTED?

Yes. Minimizing/avoiding direct contact with people who have respiratory infections, routine hand hygiene, wearing a mask in crowded places and social distancing have been shown to reduce these type of infections.

Vaccines are also available for high-risk patient populations such as immunosuppressed, old age group, etc. Please consult your doctor to see if you need to be receiving those immunizations (flu vaccine, pneumococcal vaccine, COVID 19).

Version 1: 20 March 2021
Review date 20/March 2024

MPSH/GEN/PEM/FRM-004

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