

ABOUT PNEUMONIA FROM A VENTILATOR:

Patients who need a machine to help them breathe can get a lung infection (pneumonia) if germs get into the breathing tube. This type of pneumonia is also called VAP, which stands for Ventilator Associated Pneumonia.

RISK FACTORS:

- Use of a ventilator.
- Lung disease.
- Age 65 and older.

NOTE:

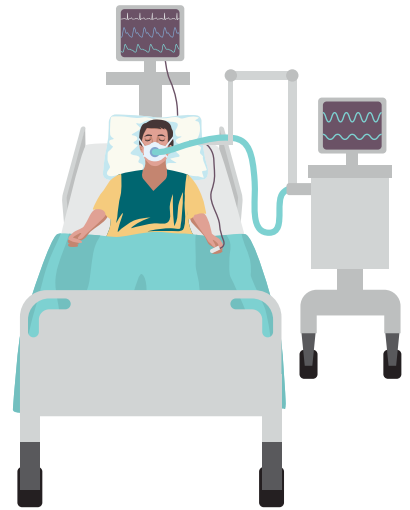
Sometimes patients on ventilators have their hands bound to keep them from pulling out the tubes by accident. This may be scary for your loved one and may even cause a panic attack. Get a nurse to help ease your loved one's fears.

REMEMBER,
IT'S OKAY TO
SPEAK UP!

HOW TO HELP

PREVENT VENTILATOR PNEUMONIA:

- Ask about the sterile steps** used to put the breathing tube into your loved one.
- Ask for a daily check** of your loved one's ability to breathe without machine help.
- Ask if your loved one's mattress needs to be raised at an angle.**
 - If so, tell a nurse right away if your loved one slumps down or lowers the mattress.
 - Be on the lookout for bed sores on your loved one's tail bone and "sit bones."
 - Follow our "**How-To Checklist**" to help prevent bed sores.
- Ask about medicines** to help prevent your loved one from getting stomach ulcers (sometimes caused from the breathing tube).
- Ask about care for your loved one's teeth, gums, and tongue** every four hours to kill germs that could go from mouth to lungs. Make sure these are used every time:
 - A toothbrush with soft bristles and 1.5% peroxide toothpaste.
 - A vacuum tool to pull germs and waste from the mouth.



GET A NURSE IF:

You see:

- The tube come loose.
- A pool of water inside the tube. (If in doubt, call a nurse.)

Your loved one shows signs of or complains about:

- Fever, chills, shivering, body aches, headaches, confusion.
- White patches or sores in your loved one's mouth or on the lips.
- Cough with phlegm (can be yellow or green).
- Increasing need for suctioning.
- Need for higher settings on the breathing machine