

**BRiGGS®**

# FLU & PNEUMONIA

REDUCING HEALTH RISKS  
IN OLDER ADULTS WITH  
RESPIRATORY DISEASES

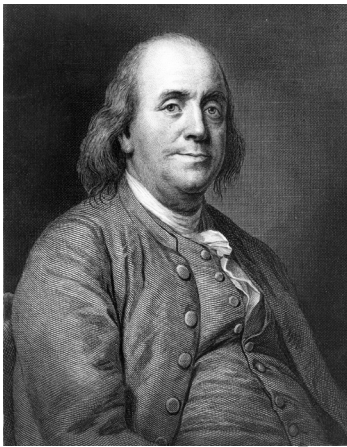
## PATIENT EDUCATION GUIDE

**STATEMENT OF CONFIDENTIALITY**

This booklet may contain protected health information.  
Persons other than you and your health care providers  
must have your permission to view this booklet.

## The Purpose of this Guide

This guide is designed to help you, your family and caregivers understand the respiratory infections we call influenza (flu), pneumonia and respiratory syncytial virus (RSV). By following some basic health care tips contained within these pages, the better your chances will be to prevent these infections. This guide provides general information and should not be substituted for professional medical advice. If you have any questions, ask your doctor.



Benjamin Franklin was right when he said, *“An ounce of prevention is worth a pound of cure”*. However, avoiding the flu, pneumonia or RSV is not always possible. In that case, this guide will assist with early recognition of the symptoms. Recognizing your symptoms early may help to minimize the severity of infection and encourage you to visit your doctor before the illness results in an unwanted emergency room visit or hospitalization.

*“An ounce of prevention is worth a pound of cure”.*

Our goal is to further your education/increase your knowledge of respiratory infections. Knowledge is power, thus our hope is that the information in this guide will give you just that. Knowledge also provides comfort and reduces fear. That is indeed our intent with this guide.

Be well and stay healthy!

# **Flu & Pneumonia Patient Education Guide**

	Page
<b>Understanding How the Respiratory System Works . . . . .</b>	<b>1</b>
<b>What is a Respiratory Infection? . . . . .</b>	<b>2</b>
<b>Facts about Lower Respiratory Infections in Older Adults . . . . .</b>	<b>2</b>
<b>Removal of Barriers to Preventive Services Under the Affordable Care Act . . . . .</b>	<b>3</b>
<b>Good Health Habits for Prevention . . . . .</b>	<b>3</b>
<b>How to Wash Your Hands . . . . .</b>	<b>4</b>
<b>When to Wash Your Hands . . . . .</b>	<b>4</b>
<b>Understanding the Different Types of Influenza . . . . .</b>	<b>5</b>
<b>Understanding How You Catch the Flu . . . . .</b>	<b>5</b>
<b>Common Signs/Symptoms and Complications from the Flu . . . . .</b>	<b>6</b>
<b>Identifying People Who are at High Risk for the Flu . . . . .</b>	<b>7</b>
<b>Flu Vaccination . . . . .</b>	<b>7</b>
<b>Special Considerations . . . . .</b>	<b>8</b>
<b>Treatment for the Flu . . . . .</b>	<b>8</b>
<b>Pneumonia, What is it? . . . . .</b>	<b>9</b>
<b>Identifying the Types and Classifications of Pneumonia . . .</b>	<b>10</b>
<b>Symptoms of Pneumonia – When It’s an Emergency . . . . .</b>	<b>12</b>
<b>Identifying People Who are at Risk for Pneumonia . . . . .</b>	<b>14</b>
<b>Preventing Pneumococcal Pneumonia . . . . .</b>	<b>14</b>

Continued on next page

# Flu & Pneumonia

## Patient Education Guide (Continued)

	Page
<b>Recommended Treatment for Pneumonia</b> . . . . .	17
<b>RSV – What You Need to Know</b> . . . . .	18-21
<b>Resources for More Information</b> . . . . .	22
<b>Immunization Record</b> . . . . .	23
<b>Concerns/Questions to Talk About With My Doctor</b> . . . . .	24
<b>Next Appointments</b> . . . . .	25-26
<b>My Contact Numbers</b> . . . . .	27-28
<b>Personal Notes to My Doctor/Family/Caregivers</b> . . . . .	29-30
<b>Medication Profile</b> . . . . .	31-32
<b>Location of Important Documents with Your Wishes</b> . . . . .	33-34

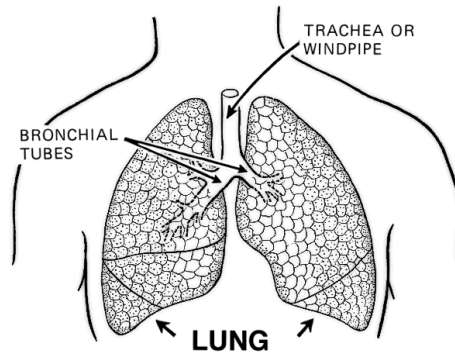
Rev. 9/23

**Disclaimer:** We have attempted to make the information contained in this booklet as accurate as possible. Briggs Healthcare® makes no guarantees as to its accuracy and assumes no liability for the use of its forms and publications.

**Research Resources:** American Lung Association, National Heart, Lung & Blood Institute Information Center, The American Academy of Family Physicians, Canadian Lung Association, The Centers for Disease Control and Prevention (CDC)

**Professional Consultants:** Mary Madison, RN, RAC-CT, CDP and Sharon Hamilton, RN, BA, MS, CRC, NLCPC, CFDS

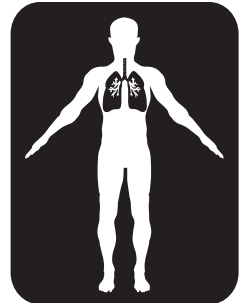
# Understanding How the Respiratory System Works



- The respiratory system is how the body exchanges the waste product carbon dioxide (in used air) for fresh air that contains oxygen.
- The respiratory system includes the nose, mouth, air passages and lungs.
- Human lungs are located inside the rib cage of the chest.
- The air passages, beyond the nose and mouth, bring air to and from the lungs. These passages are called:
  - the trachea (tra-key-a) or windpipe and
  - the bronchial tubes (brank-e-al tubes). One goes to the right of the lungs and one to the left side of the lungs. See the picture above.
- The bronchial tubes look a lot like trees and are sometimes called bronchial trees because they have many small branches.
- At the ends of the branches, all throughout the lungs, there are little air sacs called alveoli (al-vee-oh-lie).
- It is at the alveoli level that the blood exchanges the air to get rid of the waste product carbon dioxide and replace it with life-supporting oxygen.
- Breathing starts at the nose or mouth by sucking in (inhaling) oxygen-filled fresh air and then blowing out (exhaling) the used air with the carbon dioxide.
- Humans breathe at approximately 16 to 20 times per minute. This can change as a person's activity level changes or if there is a change in his/her health condition.
- A lack of oxygen can make a person feel very tired and weak. If this condition increases it can cause brain damage, which could eventually result in death.

# What is a Respiratory Infection?

- Respiratory infections are typically caused by germs. Germs can be passed from one person to another. When the germs cause a person to be sick we say they have an infection.
- Respiratory infections are classified as upper and lower respiratory infections.
- Upper respiratory infections involve the passageways that air travels through to and from the lungs. An example of an upper respiratory infection is the common cold.
- Upper respiratory infections can usually be treated at home with over-the-counter products.
- Lower respiratory infections involve the lungs. An example of a lower respiratory infection is the flu or pneumonia.
- Lower respiratory infections are serious and require medical treatment.
- This booklet will address the lower respiratory infections flu and pneumonia:
  - how you catch these infections
  - symptoms and complications
  - identifying the people who are at high risk
  - prevention, including vaccinations and
  - recommended treatments



## Facts About Lower Respiratory Infections in Older Adults

- The immune system protects people against infections. An aging immune system is less able to fight infection.
- People who are 65 years and older are at high risk for complications from infections.
- The lungs of older people have a harder time recovering from respiratory infections.
- Older adults do not always show common symptoms which makes it harder for the doctor to diagnose and treat the infection.



# This file is just a small sample of this booklet

## Our Patient Education Series offer:

- A simple solution for the education of individuals and family for common health conditions and issues
- A tool for smooth transitions between care settings
- Documentation tools to track compliance and record information (i.e., medications, appointments, diet)
- Guidance for lifestyle changes and other interventions to help with day-to-day management
- Large print and simplified language enhances readability and comprehension

## ORDER ADDITIONAL BOOKS FROM:

Briggs Healthcare **800.247.2343** or online at **[www.BriggsHealthcare.com](http://www.BriggsHealthcare.com)**

**Titles Available:** **8122** Heart Failure, **8123** COPD, **8124** Diabetes, **8125** Stroke, **8126** Wound Care, **8127** Arthritis, **8128** Total Knee Joint Replacement, **8129** Discharge & Transition of Care, **8130** Total Hip Joint Replacement, **8131** Bowel & Bladder Incontinence, **8132** Flu & Pneumonia, **8133** Dementia Care, **8134** Palliative Care, **8135** End-Of-Life, **8136** COVID-19, **8137** Falls, **8138** Understanding Depression, **8139** Understanding Parkinson's Disease, **8146** Understanding and Managing Pain, **8147** Understanding Resident Rights

*[New titles are always being added. Visit BriggsHealthcare.com to see what's new!](http://www.BriggsHealthcare.com)*