

## Further information:

Further information about pneumonia can be found at:

<http://www.nhs.uk/conditions/pneumonia/Pages/Introduction.aspx>

If you would like help to understand this leaflet, would like it in another format or language, then please speak to the paediatric respiratory team on 07717 547 902

Email: [paediatric.respiratory@wvt.nhs.uk](mailto:paediatric.respiratory@wvt.nhs.uk)

## How to provide feedback

Our aim is to provide a quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available Monday to Friday, 8.30am to 5pm, on 01432 372986 or email [PALs@wvt.nhs.uk](mailto:PALs@wvt.nhs.uk)

## Would you recommend our service to your Friends and Family?

Our staff members are required to ask you if you would recommend our service to family and friends. Your feedback will help us to improve the care and treatment we provide.

Wye Valley NHS Trust [www.wyevalley.nhs.uk](http://www.wyevalley.nhs.uk)

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# Paediatric Respiratory

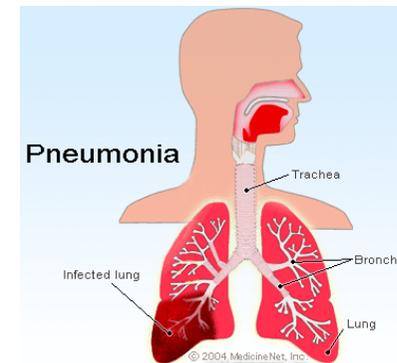
## Pneumonia

This patient information leaflet is aimed to help you understand what pneumonia is, and how we will treat and care for your child if they are diagnosed with pneumonia.

## What is pneumonia?

Pneumonia is another name for a **chest infection**. It is an infection of the lungs caused by a virus or bacteria.

- In younger children up to 50% are viral, in older children bacterial infection is more common.
- The infection leads to swelling, redness and production of fluid in the lungs. This fluid and swelling can block a section of the lung so air cannot enter. This is called consolidation or collapse of the lung.
- Pneumonia can occur at any point in life.



## You have been told your child has Pneumonia;

Some symptoms they may have are;

- **Cough (dry or wet sounding and can change during the illness)**
- **Fever (temperature)**
- **Difficulty breathing**
- **Fast breathing**
- **Lack of energy**
- **Loss of appetite**
- **Chest, neck or 'tummy' pain**

A mild to moderate pneumonia can be treated at home with the help of your GP. Your child may have been admitted to hospital because of more severe symptoms or being unsure of the diagnosis.

## What will Happen When my Child is in Hospital?

- Your child will be examined and attached to a painless monitor (pulse oximeter) on their finger or toe to measure oxygen in their blood, called saturations.
- Your child might also have blood taken, we endeavour to use either local anaesthetic cream or cold spray to make this as painless as possible.
- They may not need a chest X-ray as it will not confirm a viral or bacterial cause, but is sometimes carried out to rule out any other problems after the doctor has listened to the child's chest.
- They may be given **oxygen and fluids**, either by mouth or through an intravenous drip. **Paracetamol** is often offered to help if they have any discomfort.
- Your child may be given **antibiotics**, usually amoxicillin or augmentin (Co-Amoxiclav). This is because it is sometimes difficult to confirm whether the cause is viral or bacterial. Your child may need the antibiotic straight into their vein through the intravenous drip, however they are usually given by mouth.
- If your child still has a fever after 2 days, the Doctors may change the treatment.

## Following discharge from hospital;

- Your child will be discharged when the doctors are happy they are well enough to be at home, though they may not be completely recovered and could still be on some medication.
- They will continue to need rest, fluids and a good diet over the next few days. Some children will need to stay off school until they are fully recovered.
- Complications are uncommon but possible which is why regular reviews are carried out while an inpatient.
- Unless your child had a complication of pneumonia, they will not be followed up with a Chest X-ray.
- Should your child experience similar symptoms in the first week at home, **watch out for signs in the red and yellow boxes and see your GP**. This may indicate a complication of pneumonia.
- Your child should make a full recovery.
- The infection does not usually cause any long term complications if it has been a simple pneumonia.
- Your child will have open access to the children's ward for 24 hours after discharge.

## Guidance on signs to look for

| <b>Mild to moderate</b>                                 | <b>Severe – seek medical help</b>                                 |
|---|---|
| Temperature < 38.5 °c                                   | Temperature > 38.5 °c   |
| Breathing < 50 breaths per minute                       | Breathing faster than 70 breaths per minute. 50 in older children |
| Mild in-drawing of the chest                            | Severe in-drawing of the chest when breathing                     |
| Infants still taking most of their feeds                | Blue tinge to the skin  |
| Children drinking fluids, though they may not be eating | Not taking fluids by mouth  |
|   | Nose flaring  |
|   | Fast heart rate   |
|   | Grunting noise while breathing                                    |