

# PNEUMONIA TOOLKIT

Your doctors have said you have pneumonia. This means you have an infection in your lungs. Medicines and the right care can help you recover.

When you go home, you and the people helping you need to know about pneumonia.

We want you to feel better as soon as you can.

Here is a basic toolkit to help you stay healthy.

## 1 Pneumonia Self-Care Goals

Self-care goals will help you recover from pneumonia and prevent other health problems. If you have questions, please ask your doctor or nurse.

## 2 Pneumonia Zones








The zones of pneumonia recovery are like a traffic stoplight. Watch for these signs every day. If they happen, follow the instructions on what to do. Try to stay in the Green Zone - All Clear.

## 3 Resource List

This is a list of national and local resources where you can find more information and help for stroke recovery.

*Thank you for choosing Methodist Le Bonheur Healthcare  
as your health care partner.*

# Pneumonia Self-Care Goals

Check Goal as Understood	Goal: Important information for you and your caregiver to know.
<p><b>Goal 1:</b> Doctor Follow-Up</p> <input type="checkbox"/>	<p>After I leave the hospital, I will make an appointment to see my doctor in one week.</p> <p>I will call my doctor when there are signs of a problem (see the yellow zone on next page).</p> <p>I will make sure to see my doctor at least one time a year.</p> 
<p><b>Goal 2:</b> Medicines</p> <input type="checkbox"/>	<p>I will take ALL medicines as ordered by my doctor.</p> <p>I will talk with my doctor(s) before I stop, change, or add any medicines.</p> <p>I will: ___ Keep my medicines in a pillbox.          ___ Write out a list of what I need to take, how much and when.          I will bring this list with me when I see my doctors.</p> 
<p><b>Goal 3:</b> Diet</p> <input type="checkbox"/>	<p>I will eat a healthy diet with lean meats, whole grains, fresh fruits and vegetables.</p> 
<p><b>Goal 4:</b> Liquids</p> <input type="checkbox"/>	<p>I will drink plenty of liquids, as long as my doctor says it is okay. This means at least two quarts of water, juice or weak tea.</p> <p>I will avoid alcohol during my recovery.</p> 
<p><b>Goal 5:</b> Stop Smoking</p> <input type="checkbox"/>	<p>I will quit smoking and stay away from secondhand smoke.</p> <p>If I have trouble quitting smoking, I will talk to my doctor.</p> 
<p><b>Goal 6:</b> Activity</p> <input type="checkbox"/>	<p>I will slowly increase my activity until I am walking or exercising 30 minutes each day.</p> <p>I will do deep breathing exercises to help expand and clear my lungs.</p> 
<p><b>Goal 7:</b> Prevention</p> <input type="checkbox"/>	<p>I will get a flu shot in the fall of each year.</p> <p>I will talk to my doctor about getting a pneumonia shot every five years.</p> <p>I will stay away from people with colds and flu.</p> <p>I will wash my hands often.</p> 

# Pneumonia Zones



## **RED ZONE: MEDICAL ALERT**

*Red Zone feelings are when:*

- You can't catch your breath, even at rest
- You feel very short of breath and this does not stop
- You are wheezing a lot
- You have very fast or painful breathing
- You have chest pain or pressure that does not stop with medicine or rest
- You are coughing up blood
- You feel lightheaded or dizzy at rest
- You feel very anxious or can't sit still
- You feel confused or you faint

## **RED ZONE MEANS**

*You need to see a doctor right away.*

- Call **911!**



## **YELLOW ZONE: CAUTION**

*Be worried if you feel like:*

- Moving around gets harder
- You are breathing worse – more short of breath, more cough, or more wheezing
- You are more tired or weak
- You are dizzy when you move around
- Your heart is racing
- You cannot eat or drink well
- You have a fever (over 100.4) or chills
- You are more sad, angry or upset

## **YELLOW ZONE MEANS**

- Call your doctor to talk about how you are feeling
- Your doctor may need to see you or to change your medicines

Healthcare Provider:

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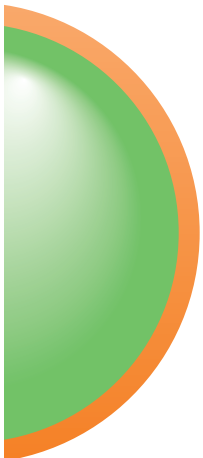
Number:

\_\_\_\_\_

Talk to a person and do not leave a message. If you must leave a message, call again in two hours if you have not received a call back.

Instructions: \_\_\_\_\_

\_\_\_\_\_



## **GREEN ZONE: ALL CLEAR**

*Keep going if you have:*

- Your breathing is the same or better
- You are moving around the same or better than before
- You can eat and drink well
- You do not have any signs in the yellow or red zones

## **GREEN ZONE MEANS**

- Keep taking your medicines as ordered
- Stay away from smoking and avoid alcohol
- Keep all doctor appointments
- Stay as active as possible
- Eat a healthy diet and drink plenty of fluids

## National

### American Lung Association

1-800-548-8252

[www.lung.org/lung-disease/pneumonia](http://www.lung.org/lung-disease/pneumonia)

### National Heart, Lung, and Blood Institute

1-301-592-8573

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Education available under “public” section, search “diseases and conditions index.”

### MedlinePlus online health information service

A service of the National Library of Medicine and the National Institutes of Health Internet

[www.nlm.nih.gov](http://www.nlm.nih.gov)

Click on “read about diseases” or “health information” section.

## Additional Resources:

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**Family Partners  
Council Approved**

This document has been reviewed and approved by patients and families. We support an approach to care that keeps the patient and family at the center of the care team.