



Week 1: Pneumonia

Monday

Pneumonia can lead to emergency department visits and rehospitalization. If you prevent pneumonia, you can prevent going to the hospital.

Monitor for early signs such as shortness of breath, coughing that gets worse, change in mucus, fever and chest pain. If treated early, many residents can remain in the nursing home and avoid hospitalization. **Review Friday to Sunday 24-hour reports to identify residents with changes in conditions that could indicate pneumonia.**

Tuesday

The pneumonia vaccine is the single most effective way to reduce the incidence of pneumonia.

Review your immunization process:

- Are all residents assessed upon admission for immunization status including pneumonia vaccine status, and are they offered the vaccination as appropriate?
- Is the vaccine provided in a timely manner after consent is obtained?
- Is there an immunization tracking system that includes resident pneumonia vaccines? If yes, is there a schedule in place to audit the tracking system?

Did you know the Centers for Disease Control and Prevention (CDC) has a mobile app (and web version) to help vaccination providers quickly and easily determine which pneumococcal vaccine is needed and when? Find out more about [PneumoRecs VaxAdvisor Mobile App for Vaccine Providers](#).

Wednesday

Pneumonia can be caused by aspiration.

- Are all residents monitored for aspiration risk and referred to speech therapy for an evaluation if risk is identified?
- Are there residents who are an aspiration risk and need to be referred?
- Is there education and competency available on precautions, signs and symptoms of aspiration?

Provide your staff a quick reference resource with HQIN's [Aspiration Pneumonia Pocket Card](#). Download the PDF, print it, cut out the cards (there are three to a page) and distribute them to staff.

ASPIRATION PNEUMONIA	
	Aspiration pneumonia is a type of pneumonia caused by the infiltration of something other than air, such as food, saliva or other substances into the lungs. The condition is typically caused by bacteria that normally reside in the mouth or nasal passages.
	Risk Factors
	<ul style="list-style-type: none"> • Dysphagia (difficulty swallowing) can come from aging, many disorders, illnesses or damage • Tube feeding • Poor oral health & care • Weakened immune system • Alcoholism • Frailty
	Symptoms
	<ul style="list-style-type: none"> • Bluish skin color (cyanosis) indicates worsening condition – escalate immediately • Cough, sometimes with yellow or green sputum • Difficulty swallowing • Fatigue • Fever • Shortness of breath (dyspnea) • Chest pain • Halitosis (bad breath) • Sweating • Low oxygen levels
	<small> <ul style="list-style-type: none"> • This material was prepared by Health Quality Incentives (HQI), a Quality Incentives Network Quality Improvement Organization (QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), in support of the U.S. Department of Health and Human Services (HHS). This material is for informational purposes only and does not constitute an offer of insurance or any other financial product. It is not intended to be used in any way that would constitute an offer of insurance or any other financial product. It is not intended to be used in any way that would constitute an offer of insurance or any other financial product. </small>

Thursday

Did you know providing daily oral care can prevent bacteria from accumulating and will decrease risk of pneumonia if aspiration occurs? **Assign staff to verify that all residents have a toothbrush and toothpaste as appropriate.** Are residents care planned as applicable for assistance with oral care?



Friday

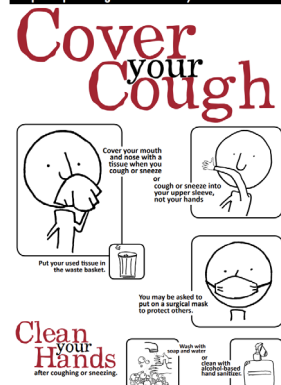
To prevent the spread of respiratory infection, remind residents and staff to practice respiratory hygiene and cough etiquette. Is there signage posted to remind residents, visitors and staff about cough etiquette?

Click the images or links below to download signage to hang in your facility as a reminder for everyone to cover their cough.

[Cover Your Cough Sign \(Centers for Disease Control and Prevention\)](#)



Stop the spread of germs that make you and others sick!



[Cover Your Cough \(Association for Professionals in Infection Control and Epidemiology\)](#)