



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

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 for breathing, lung disease, age 65 and older

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.

Copyright© The Care Partner Project™
2021 All Rights Reserved.

The Care Partner Project checklists are for your education only, not intended to substitute for medical advice, diagnosis or treatment.

CHECKLIST

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.
- Help make sure your loved one's back and head are always at least at a 30-degree angle by raising the mattress.
 - If your loved one slumps, tell a nurse right away.
 - If you are able-bodied, ask if you can help position your loved one to sit up straighter.
 - Be on the lookout for bed sores on your loved one's tail bone and "sit bones." Follow our checklist to 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
 - A chlorhexidine rinse (It tastes bad - but it works!)

GET A NURSE IF...

Your 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