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Managing Community-Acquired Pneumonia

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### **Managing Community-Acquired Pneumonia**

From the case study of Yo M, it is evidenced that the patient displayed signs and symptoms such as vomiting, nausea and constant loss of appetite. The healthcare professional needs to take urine samples from the patient to identify the pathogen causing the infections of pneumonia. The doctor may also examine the blood samples of the patient to investigate any trace of the pathogen causing pneumonia. The patient should first be admitted to the hospital as an inpatient because the patient has other infections such as diabetes which may cause health issues to the patient. Additionally, the age of the patient requires constant attention because the patient may encounter difficulties in monitoring himself (Kolditz & Ewig, 2017). The patient health condition is characterized by constantly vomiting; therefore, the patient should adopt the parenteral antibiotics until the patient recovers from vomiting. The parenteral mode of antibiotic administration is the most appropriate method because the patient is constantly vomiting.

The most appropriate method of treating this type of pneumonia is advising the patient to rest and refrain from tiring tasks. The patient should also take nutritious food and, most importantly, food with much fluid. The patient should take food rich in proteins; the patient should take food such as beans and animal proteins to boost the protein contents of their diet. Additionally, the patient may take some antibiotics to ease the symptoms such as fever or any pain that the patient may be experiencing. The patient should be given levofloxacin, moxifloxacin in antibiotic therapy to treat the disease. The mode of administration of the antibiotics should be parenteral because the patient constantly vomits. This is the only suitable mode of administration of the medication (Kaysin & Viera, 2016). Further, the patient should take a dose of ceftriaxone 1gm IV a day for three days and azithromycin 500mg IV a day. This

medication should be taken after the patient can take food and reduce vomiting to facilitate the intake and absorption of the medication in the patient's body.

The above type of medication selected Above is the most appropriate to treat community-acquired pneumonia in older adults. The medication was selected because it suits the patient's condition. The patient contains high-risk factors such as diabetes and old age, making the patient more sensitive and hence needs constant attention (Konomura, Nagai & Akazawa, 2017). The patient's age and presence of various infections make it suitable for the patient to be administered as an inpatient. Lastly, the type of antibiotics recommended for the patients are most appropriate since they cannot instigate another infection from other risk factors that the patient have.

To prevent future pneumonia in the elderly, it is recommended that the patient constantly wash their hands. The patients should wash their hands regularly to prevent infection of the disease since the pathogens causing the infections can be transmitted to the human body through touching contaminated surfaces. Further, the patients should get vaccinated against the disease. Vaccination helps the body to produce antibodies to fight the future invasion of the pathogens causing pneumonia. The patients should also uphold general body hygiene especially, dental hygiene. The patient should uphold dental hygiene by constantly brushing the teeth with the recommended toothpaste (Chalmers et al., 2017). Finally, the patient should uphold having a healthy diet. The patients can practise having a healthy diet by eating a balanced diet, avoiding smoking, and taking exercises to keep physical fitness, such as taking morning exercises such as going to the gym.

### References

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