

# Pneumonia

Author: Bethany Sutton, Paediatric Staff Nurse, Ward 10  
Children's and Young Person's Unit



**James Paget**  
**University Hospitals**  
NHS Foundation Trust

---

**Information for parents/carers.**

## **What is Pneumonia?**

Pneumonia is a chest infection. The infection can be in one or both lungs and is caused by either a virus or bacteria. Sometimes sections of the lungs may become blocked by the infection so air cannot enter the lungs properly.

## **What are the symptoms of Pneumonia?**

The general and most common symptom you will notice is that your child is breathing more quickly which will make them tired and lose energy quickly. They may be sleeping more than usual and have a fever and cough. If it is a younger child they may not be able to take bottles as well and may feed less and more often.

## **How is Pneumonia diagnosed?**

By talking to you about the symptoms, listening to the chest and in most cases a chest X-Ray.

## **How is Pneumonia treated?**

Pneumonia is usually treated with antibiotics, which are effective against bacteria but not viruses. The antibiotics can be oral, or if your child is more poorly, intravenous. Blood tests will be taken to look at the infection markers shown within the blood, this will be explained to you by a member of staff. On the ward your child's oxygen levels within the blood will be monitored and if they become low, oxygen will be given to your child for as long as needed. Their condition will be observed on Ward 10, until they are well enough for discharge.

## **Discharge Home**

When your child is much improved they will be discharged home. You may need to continue with the oral antibiotics at home to complete the course. Your child will need to avoid strenuous activities for a while until fully recovered. They may require a follow up appointment which will be arranged before discharge home.

## **Contact information**

Your child will be given open access to Ward 10 for 24-48 hours. If within those 24-48 hours and you are worried about your child following discharge please contact Ward 10 on 01493 452010 and we can arrange for your child to be seen. For emergencies please contact 999.

**If you have any further enquiries please call Ward 10 – Children's and Young Person's Unit on 01493 452010**

## Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

**TRUST VALUES: We CARE for...**  
*our patients... each other... ourselves*

**BEHAVIOURS:**

- Courtesy and respect
- Attentively kind and helpful
- Responsive communication
- Effective and professional

**#Proud of the Paget**

 **IN TRAN**  
communication for all

The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**