Course project

In pneumonia, air sacs are filled with fluid that causes a cough, fever, chills, and difficulty in breathing. It is caused by bacteria or fungi that reach the lungs in the form of germs. The disease can range from mild to serious that sometimes become life-threatening. It weakens the immune system and is more common in children or the elderly population. The symptoms of Pneumonia include chest pain, cough, fatigue, fever, sweating, nausea, vomiting, and shortness of breath (Madhi & Klugman, 2004).

There are many causes of pneumonia including viruses, bacteria, mycoplasmas, infectious agents like fungi and various environmental agents. The common risk factors include cigarette smoking, viral respiratory infection, chronic lung disease, and a weakened immune system. Presence of highly elevated leukocyte count is also the cause of enlarged lymph nodes, a prominent condition of pneumonia (Zhang, Qiu, Tang, & Xu, 2017). Common viruses that lead to the development of pneumonia include influenza, hemophiliac influenza, measles, and varicella. Viruses and bacteria are more common in causing pneumonia.

Medicine reveals that the disease of pneumonia is preventable as several vaccines are available that minimizes the risks. The vaccines are effective in preventing infections from the bloodstreams. Early vaccination during childhood minimizes the risks of developing pneumonia. Personal hygiene eliminates the risks of developing pneumonia. The common self-care practices involve washing hands regularly, limiting contact with smokers and tissues used for sneezing or coughing. To cure the child with pneumonia, the mother needs to seek medical care as several vaccines exist that works to treat children with the disease. Vaccines improve the survival and health of the child by removing viruses of pneumonia (Madhi & Klugman, 2004). Haemophilus influenza, streptococcus pneumonia, and Hib are common vaccines used to treat children with pneumonia (Madhi, Levine, Hajjeh, Mansoor, & Cheriand, 2008).

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