

Preventing Pneumonia



Incentive Spirometry

- Patients should complete deep breathing exercises 10 times each hour



Cough and Deep Breaths

- Patients should take deep breaths and cough every hour



Oral Care

- Patients should brush their teeth and use mouthwash twice a day



Patient Education

- Educate patients and family on active participation in recovery, including pain management, deep breathing, coughing and mobility



Mobility

- Patients should get out of bed regularly



Elevate the Head of the Bed

- Elevate patients' heads of beds 30–45 degrees

Committed to Better: Reducing Infections after Surgery

Reference:

1. Boston University School of Medicine and Surgery [Internet]. ICOUGH. Boston: Boston Medical Center; [cited 2018 Jan 8]. Available from: <https://www.bumc.bu.edu/surgery/quality-safety/i-cough>.

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