



INFECTION

Chapter 13



# Introduction

---

Goal is to be  
healthy

Infections can  
be fatal for  
older adults



# Introduction



Infection increases with aging related to:

- Inability to perform activities of daily living
- Loss of Independency



Basal Temperature is lower

- Assess temperature based on baseline



Physical and Mental decline

# How to prevent infection?



Maintain a healthy immune system



Scheduled immunizations



Keep a clean environment



Follow good hygiene





# Hygiene

- Personal Hygiene
- Soiled materials
- Standard Precautions

Nursing role:  
management of infection  
include:

- Recognizing
- Reporting
- Documenting

Signs and Symptoms of  
Infection



# TYPES OF INFECTIONS



## ➤ SEXUALLY TRANSMITTED DISEASES

- Myth about aging
- Potential of increased sexual activity and

STD

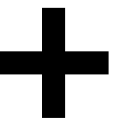
## - EDUCATION:

- Signs and Symptoms of STDs
- Seek medical treatment immediately
- Sex education
- Safe sex

## - BARRIERS

## - SEXUAL HISTORY

## ➤ HIV/AIDS



# OTHER INFECTIONS

## – Tuberculosis

- Major cause of death in the United States
- Worldwide, the cause of many illnesses and deaths
- Higher probability for developing an active TB
- Exposed but never developed the disease (Latent TB)
- TB Bacterium may lie dormant for years.

### DIAGNOSTIC TESTS

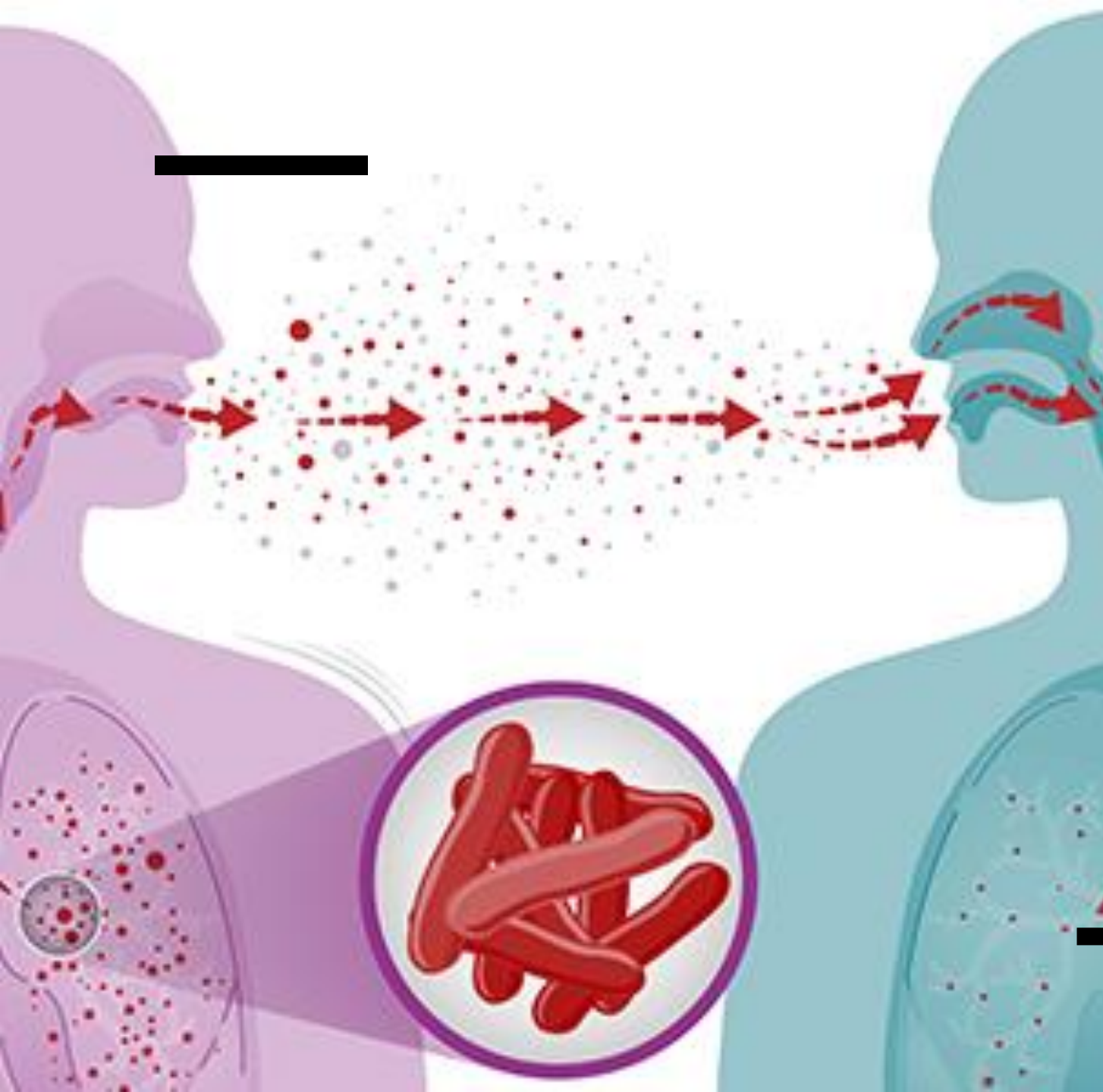
- TB Skin Test
- TB Blood Test
- Sputum Culture
- Chest X-ray

### SIGNS AND SYMPTOMS:

- Chest pain
- Coughing up blood/sputum
- Night sweats
- Weight loss
- Low grade fever
- Cough lasting 3 weeks or longer



# PREVENTION/TREATMENT OF TUBERCULOSIS



- Medications

- Isoniazid
- Rifampin

- Wear a mask when in public

- N95

- Isolation

- Airborne precautions
- Negative pressure rooms

# Other Infections Continued...

## – West Nile Virus

- An infection most commonly spread by mosquitos
- No vaccines or medications to prevent or treat

### SIGNS AND SYMPTOMS:

- Fever
- Chills
- Headache
- Aching bones
- Malaise
- Symptoms of respiratory infections
- Muscle pains

### RISK FACTORS:

- Cancer
- Hypertension
- Kidney Disease
- Diabetes

### TREATMENT AND PREVENTION

- Over The Counter fever and pain relievers
- Hospitalization
- Long sleep tops
- Long Pants
- Insect repellent from dawn to dusk
- Screen on windows and doors

# Other Infections Continued...

## – Hepatitis C

- Liver infection caused by a virus
- Can be an acute infection lasting a few weeks or a chronic infection lasting a lifetime.
- No Vaccination

### Signs and Symptoms: ACUTE

#### INFECTION:

- Fever
- Fatigue
- Joint pain
- Dark urine
- Clay colored stools
- Jaundice

Most people do not have symptoms which doesn't make them aware they have Hepatitis C

### Signs and Symptoms: CHRONIC INFECTION:

- Chronic fatigue
- Mild to severe chronic liver disease
- 1 out of 5 develop Cirrhosis
- Small number eventually develop liver cancer





# IMMUNIZATIONS FOR OLDER ADULTS

- Importance of getting vaccinated
- Immunizations should be continued throughout life
- Recommended vaccinations for older adults include:
  - Tdap
  - Seasonal Influenza
  - Shingles
  - Pneumococcal

## Tdap Vaccine

- Tetanus, Diphtheria, and Pertussis
- Helps prevent these diseases
- Recommended for those who have not previously received vaccine
- Td is recommended every 10 years who have had the Tdap Vaccine

## Seasonal Influenza Vaccine

- Should be given starting around Mid-October
- 70% of seasonal flu related deaths occur in people over 65 years old
- Should be given every year to all adults, unless contraindicated
- Highly encouraged for those who have lung disease, diabetes, kidney disease, or other disease that affect the immune system.

## Shingles Vaccine and Pneumococcal Vaccine

- Two shot vaccine (Shingrix, 2-6 months apart)
- Zostavax given to healthy adults over 60 years or older or when a vaccination is needed and Shingrix is not available.
  
- Two Pneumococcal Vaccines
- 13-valent pneumococcal conjugate vaccine (PCV-13)
- 23-valent pneumococcal conjugate vaccine (PCV-23)



## MAINTAINING A HEALTHY IMMUNE SYSTEM

- Nutrition
- Lifestyle
- Chronic Medical Conditions



## Urinary Tract Infections

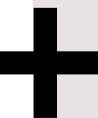
- Catheter Associated Urinary Tract Infections
  - Common!
- Adequate fluids
- Empty bladder frequently
- Signs and Symptoms

## Respiratory Infections

- Significant effect on an older adult, especially pneumonia
- Encourage mobility, proper nutrition, and proper fluid intake
- Risk Factors

## Integumentary System

- Changes in integumentary system
- Signs and symptoms of skin infections



# MAINTAINING A HEALTHY LIFESTYLE

## Environmental Cleanliness

### Household Pets

- Infected and transfer diseases
- Animal waste

### Kitchens and Bathrooms

- Great harbors of infection
- Inspection
  - Towels
  - Tooth care items
  - Sinks
  - Tubs
  - Toilets
- Sharing
- Clean under fingernails

### Safe Food and Water

- Contaminated food
- Sensory Changes
- Be aware of signs and symptoms of food borne diseases
- Provide education:
  - Food Storage
  - Wash hands frequently
  - Protect food from insects
  - Cook food thoroughly

