

Characteristics of Aspiration Pneumonia and its Relationship with Environmental Factors

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A 26-year-old man who was in a coma after heavy drinking and vomiting was brought to the Emergency Department for rescue. With symptoms of shortness of breath and decreased degree of blood oxygen saturation, the patient received tracheal intubation and finally woke up, but he still felt obvious difficulty in breathing. The chest CT showed flocculent shadows in the right primary bronchus and middle lobe bronchus, and large white exudative shadows in the right upper lung (**Figure 1**), thus the patient was diagnosed with aspiration pneumonia. Bronchoalveolar lavage (**Figure 2** and **Figure 3**), anti-infection and other timely and active treatment were performed immediately. Finally, the patient's lung infection was controlled and gradually improved (**Figure 4**), and soon he was discharged from the hospital.

In general, aspiration pneumonia occurs in both lower lungs due to the fall effect of gravity^[1]. However, in this case, the lesion was located in the upper right lung, which is special.

Aspiration pneumonia is a very common respiratory disease. The cause of the disease is closely related to our living environment^[2]. If we want to treat the disease well, doctors will first treat and care for the patients' symptoms from the perspective of the patients. (1) Routine nursing according to respiratory diseases. (2) To prevent aspiration, especially chemical aspiration pneumonia, obstructive aspiration pneumonia and lipid pneumonia, there is no special effective method in treatment, and prevention is the key. (3) For long-term nasal feeding, gastric tube should be replaced regularly and timely; Strengthen oral care for patients with unclear consciousness to avoid choking; The patients with chronic stomach disease and gastroesophageal reflux should be treated in time to promote gastrointestinal peristalsis and reduce food reflux; For the elderly, drugs can be used to enhance cough and swallowing reflex. (4) The patients with fever should be well cared for, the changes of vital signs should be observed, and effective measures should be taken to cool down according to the doctor's advice^[3,4]. When patients with aspiration pneumonia come on, they will have symptoms of expectoration and cough. The symptoms of different patients will be different^[5]. The

treatment measures of doctors for patients are also different. If the patients have difficulty in eating or expectoration, their families should also take good care of this aspect.



Figure 1

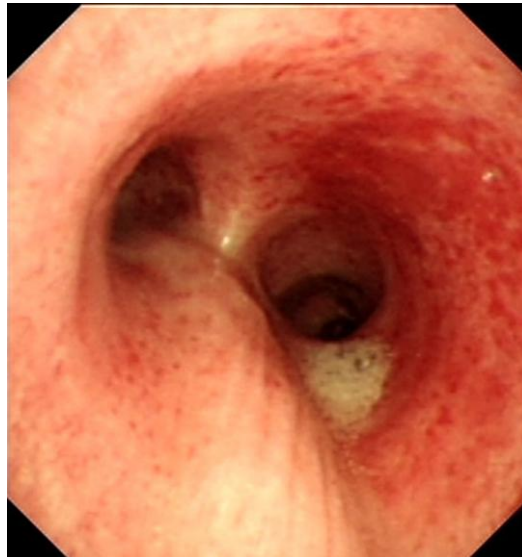


Figure 2

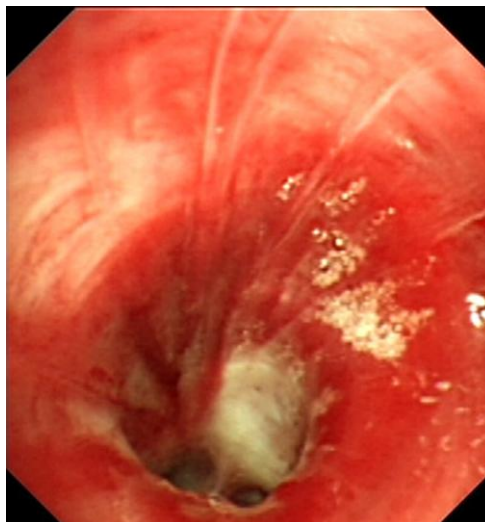


Figure 3

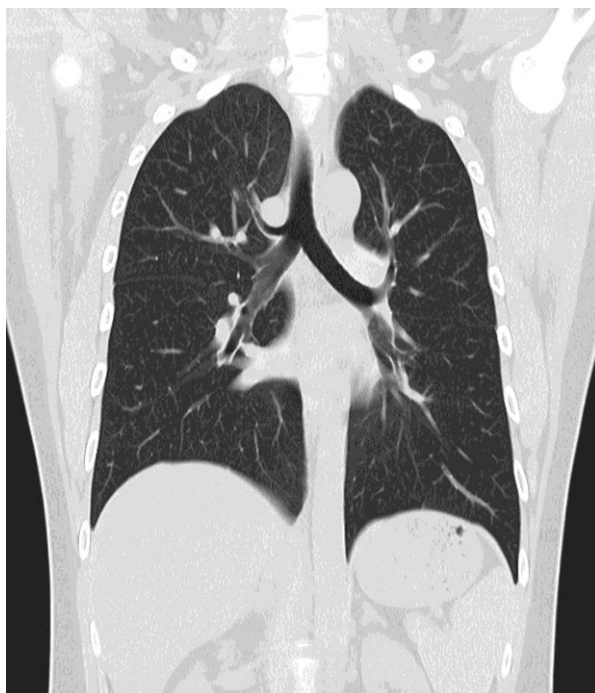


Figure 4

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