Overview of Risk Factors and Management of Acquired Pneumonia among Children, Systemic Review

[1]Fahad Alhazmi, [2]Ayman Alshehri, [3]Ziad Alruwaithi, [4]Hanof Bakri, [5]Rayan Bakri, [6]Haitham Alhazmi, [7]Samah Alamoodi

Abstract: **Pneumonia is a leading cause of mortality amongst kids under the age of 5 years internationally. The purpose of this study was to determine the risk factors associated to acquired pneumonia among children aged under 5 years old, and also to demonstrate the therapeutic optional procedures that could be used in management of this condition. We conducted a Systematic review study through the literature to identify studies with pneumonia Risk factors, and treatment data. All searches were conducted in November 2016 using the PubMed database and entering search terms that were key words, MeSH terms, synonyms or truncations. different search strategies were conducted. Acquired pneumonia in children is a significant contributor to death in children under 5 years of age. There suffices data to show that S. pneumonia and H. influenzae contribute to > 50% cases of acquired pneumonia. There need to be phased and urgent introduction into the UIP because effective vaccines against both of them are offered. A number of avoidable risk aspects of acquired pneumonia like lack of special breast feeding for the very first 6 months of life, improper complimentary feeding, iron deficiency anemia, poor nutrition, and indoor air contamination must be properly resolved.**

Keywords: **pneumonia.**

1. INTRODUCTION

Pneumonia is a leading cause of mortality amongst kids under the age of 5 years internationally [1]. It is approximated that there were over 120 million episodes of pneumonia amongst kids below 5 years throughout 2010- 2011; which over 10% were serious episodes [1]. A current methodical evaluation approximated 0.22 pneumonia episodes per child-- year in establishing nations alone [2], with almost one in 8 cases advancing to extreme disease. Another methodical evaluation approximated almost 12 million hospitalizations in 2010 due to serious pneumonia and 3 million due to extremely extreme disease [3]. Pneumonia is likewise approximated to be responsible for nearly 1 million deaths amongst kids under 5 years of ages [4], with optimum problem in Africa and South Asia [3]. The World Health Organization (WHO) established and shared an easy case meaning for recognition and treatment of pneumonia, which could be utilized by field-employees in resource-bad settings [6,7,8,9].

A decrease in all-cause of child death happened worldwide in between 2000 and 2011, consisting of a decrease in pneumonia-related deaths, in 2011, Community-acquired pneumonia (CAP) was approximated to account for more than one million child deaths, 80 % of which took place in kids under 2 years of age [1,3].

Around 50 conditions have actually been explained in the literature that, if present, might increase the threat of establishing pneumonia [10,11]. The WHO categorizes the threat elements for CAP in kids residing in establishing nations as guaranteed, possible or most likely [2]. A current methodical evaluation with meta-analysis examined the quality of proof and the strength of the association in between 19 danger aspects and serious intense lower breathing system infection in kids under age of 5 [12]. In the research studies which were consisted of here, 7 threat elements were revealed to be substantially associated: low birth weight, undernutrition, home air contamination, human immunodeficiency virus (HIV) infection, non-exclusive breastfeeding, household crowding and incomplete immunization [10,11,12].

The purpose of this study was to determine the risk factors associated to acquired pneumonia among children aged under 5 years old, and also to demonstrate the therapeutic optional procedures that could be used in management of this condition.

2.   METHODOLOGY

We conducted a Systematic review study through the literature to identify studies with pneumonia Risk factors, and treatment data. All searches were conducted in November 2016 using the PubMed database and entering search terms that were key words, MeSH terms, synonyms or truncations. different search strategies were conducted. Titles and abstracts were screened to identify potential studies with pneumonia risk factors and etiology in children under five years old. Eligible studies were abstracted by Authors. our search was limited to English language articles and to those studies that were discussing about Pneumonia in children.

3.   RESULTS AND DISCUSSION

Determining the etiology of CAP is still hard in regular medical settings thinking about the problem in acquiring proper lower breathing system specimens from kids. A substantial seasonal and geographical distinction in such etiology has actually been reported. In the majority of research studies, Streptococcus pneumoniae has actually been the most typical etiologic representative recognized [13].

We consisted of in this research study, the Pneumonia Research for Child Health (PERCH) job [14] which is a case control research study to determine the reason for pneumonia amongst kids in establishing nations. None of the websites is situated in India. Pilot information from PERCH reported 152 possibly pathogenic isolates amongst 108 hospitalized cases, utilizing several microbiologic methods on numerous body fluids. Infections represented over 80% of the pathogens spotted [15].

we Identified and consisted of A hospital-based, case-control research study [16] including occurrence cases of pneumonia was carried out in between October 2010 and September 2013 at the Instituto de Medicina Integral Prof. Fernando Figueira (IMIP) in the city of Recife, Pernambuco, northeastern Brazil. One control was picked for each case. The danger aspects for pneumonia that were examined were amongst those categorized by the WHO as certain, possible and most likely. The primary variables examined in the research study are summed up in **(Table1)** consisting of the meaning and classification of each variable. We consisted of child-related aspects (birthweight, breastfeeding, dietary status, previous breathing disease and/or allergic reaction, previous hospitalization, 10-valent pneumococcal conjugate vaccine, influenza vaccine) and sociodemographic aspects (maternal education, family crowding, fundamental sanitation, maternal age,smoking in the home and maternal smoking, monthly family income) [16].

Table 1: Risk factors for pneumonia as defined in the study methodology [16]

Sociodemographic factors	Maternal education	1) Did not finish high school (<11 years of schooling) 2) Finished high school (≥11 years of schooling)
	Household crowding	Defined as ≥2 individuals sleeping in the same room as the child.
	Basic sanitation	The disposal of bathroom/toilet waste in the household was classified according to whether a public sewage system/septic tank was present.
	Maternal age	Based on the WHO concept of adolescence, maternal age was categorized into <19 years and ≥19 years.
	Smoking in the home and maternal smoking	Whether any members of the household smoked and whether the child's mother smoked.
Child-related factors	Birthweight	A continuous numeric variable, recorded in grams, either obtained from the vaccination card, certificate of live birth, medical records or as reported by the child's mother. Categorized as low (<2500 g) or normal birth weight.
	Prematurity	Preterm is defined as babies born alive before 37 weeks of pregnancy

		are completed. This information was expressed as a dichotomous ordinal variable.
	Exclusive Breastfeeding	The child's mother or guardian was asked if she had exclusively breastfed the child during 4 months. This information was expressed as a dichotomous variable.
	Nutritional status	Assessed according to the WHO child growth standards using z-score calculations. According to a-2 z-score, the weight-for-age ratio was classified into two categories: very low or low weight for age and normal weight for age.
	Previous respiratory disease and/or allergy	This was a nominal categorical variable obtained by the investigator, defined by the presence of asthma/wheezing, coughing for more than 1 month, tuberculosis, eczema, rhinitis or other conditions, as reported by the child's parent/guardian.
	Previous hospitalization	The child's mother or guardian was questioned regarding whether the patient had been previously hospitalized for any reason.
	10-valent pneumococcal conjugate vaccine	With respect to the pneumococcal conjugate vaccine, children were considered to have been vaccinated if they had received at least two doses prior to their first birthday or one dose after their first birthday.
	Influenza vaccine	We considered that children who were immunized according to the immunization card received: a) at least one dose if they received the prime vaccination previously and had been immunized with two doses Or b) two doses of the prime vaccination Children under 6 months of age and those over 6 months of age who had not been immunized were classified as unvaccinated.

One included study [17] evaluated living in crowded conditions as its promotes the transmission of air-borne pathogens. Hence, crowding, frequently determined as the variety of individuals per space in a house system, is an essential threat element to evaluate in Pneumonia in Children [17].

As it was likewise pointed out in one research study [18] that the Indoor air contamination from biomass fuels has actually been identified to raise the danger of pneumonia in kids by around 80%. Several methods have actually been utilized to determine indoor air contamination, varying from the direct evaluation of indoor concentrations of particle matter or carbon monoxide gas, to indirect reports of fuel and range usage and home smoking. Since direct exposure levels are both cumulative and vibrant, it is needed to carry out potential measurements over months and weeks prior to the advancement of pneumonia to exactly determine indoor air contamination [18].

One consisted of research study [19] revealed that HIV infection is a recognized threat element for pneumonia in general and for pneumonia brought on by particular pathogens such as Mycobacterium tuberculosis, Pneumocystis jirovecii, pneumococcus. HIV infection status is for that reason an essential variable to examine as a prospective confounder of other threat aspects. In spite of efforts to present regular HIV screening in establishing nations, it stays a sensitive issue and numerous moms and kids stay untried in high-HIV frequency locations. In locations with extremely low HIV frequency, the worth of recognizing maybe one child in a thousand who is contaminated might be exceeded by the drawback of unfavorable neighborhood response to such a study. After significant argument, we reached an agreement position that PERCH topics would be checked for HIV antibodies however that controls would be evaluated just at websites where the frequency was ≥ 5% in the basic population, a level adequately high to impact the analyses.

sites such as Bangladesh, rural Thailand, and The Gambia, where HIV frequency is low, would not check controls for HIV [19].

Management of childhood acquired pneumonia:

several studies [20,21,22,23] showed that Early medical diagnosis and suitable use of prescription antibiotics are the very best techniques to minimize obtained pneumonia-related death in kids [20]. Non-severe pneumonia [21] can be handled at home with oral prescription antibiotics, however tracking, suitable and prompt recommendation and follow-up are essential.

Both oral cotrimoxazole and amoxicillin were utilized thoroughly in home-based treatment of CAP [21,22]. There is growing proof of advancement of in vitroresistance in S. pneumoniae and H. influenzae versus cotrimoxazole in Indian kids [20,21,22,23]. Oral amoxicillin is the next alternative option of antibiotic for treatment of CAP. A randomized trial research study [24] on kids under 5 years of age reported greater treatment failure in oral cotrimoxazole group (39.1%) than oral amoxicillin group (8.1%). An organized evaluation done earlier [25] likewise reported much better effectiveness of amoxicillin over cotrimoxazole in management of CAP. The British Thoracic Society [26] and Indian Academy of Pediatrics [27] suggested oral amoxicillin as the antibiotic of first choice for nonsevere pneumonia. Now, the (28) likewise advises domestic treatment with oral amoxicillin (40 mg/kg/dose) 2 times in a day for 3 days for pneumonia without chest in-drawing and 5 days for pneumonia with chest in-drawing. Previously discussed research study [21] plainly revealed that 3 days of oral amoxicillin was similarly efficient as 5 days' treatment in cases of nonsevere pneumonia. Amoxicillin must be changed with co-amoxiclav [29] if there is no enhancement in 48 h.

In hospitalized kids with extreme CAP, injectable chloramphenicol was discovered to be inferior to injectable ampicillin plus gentamicin [25,30]. Injectable ampicillin plus gentamicin is now first choice for hospital-based treatment of extreme CAP. In lack of acceptable enhancement in next 48 h, prescription antibiotics ought to be altered to ceftriaxone [28]. Addition of cloxacillin is suggested, if functions of S. aureus infection like boils in skin or abscesses throughout the body, quickly progressive or weakening pneumonia, post measles pneumonia, and issues like empyema, pneumatoceles, and pneumothorax exist [29].

4.   CONCLUSION

Acquired pneumonia in children is a significant contributor to death in children under 5 years of age. There suffices data to show that S. pneumonia and H. influenzae contribute to > 50% cases of acquired pneumonia. There need to be phased and urgent introduction into the UIP because effective vaccines against both of them are offered. A number of avoidable risk aspects of acquired pneumonia like lack of special breast feeding for the very first 6 months of life, improper complimentary feeding, iron deficiency anemia, poor nutrition, and indoor air contamination must be properly resolved. The community needs to know the signs and symptoms of acquired pneumonia and its danger signs so that delay in qualified care looking for can be avoided.

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