

Mycoplasma Pneumonia in Young Children and Its Ways Of Treatment

Nabieva Zumrat Tukhtaevna
Bukhara Medical University
Assistant at the Department of Pediatrics
nabievazumrad58@gmail.com

Abstract. This article provides information about pneumonia and some related diseases, such as mycoplasma pneumonia. The article explains how early children experience these diseases and how to treat them. Also, the article provides detailed information about the measures that children and parents need to follow in order to avoid this disease.

Key words: pneumonia, mycoplasma, candidiasis, sore throat, infection, temperature, bacteria, prevention.

Being a toddler means your child is discovering the world around them. This can result in bumps and bruises. It is almost impossible to prevent every accident although there are things we can do at home which might help.

Almost all babies, toddlers and children will get the most common childhood illnesses like chickenpox, colds, sore throats and ear infections.

However, acute lower respiratory tract infection, primarily pneumonia, is a common cause of morbidity and death among children under five years of age. Pneumonia is characterized by cough with difficult or rapid breathing and chest indrawing. For severe pneumonia, hospitalization is recommended; otherwise, ambulatory treatment with antibiotics is recommended. Early diagnosis and treatment with antibiotics can prevent many deaths caused by acute lower respiratory infection.

Some lung infections, including many cases of mild pneumonia (also referred to as *walking pneumonia*), are caused by an organism called *Mycoplasma pneumoniae*. It is spread from person to person in secretions such as phlegm from the respiratory passages and has an incubation period of 2 to 3 weeks. Transmission of this organism usually takes place through close contact. Outbreaks have occurred and are common in summer camps and colleges, as well as within households among family members.

While *Mycoplasma pneumoniae* infections are uncommon in children younger than 5 years, they are a leading cause of pneumonia in school-aged children and young adults. Community-wide epidemics of this illness occur every 4 to 7 years.

Mycoplasma pneumonia is a common cause of community-acquired pneumonia, especially in children, adolescents, and young adults. It is an infection of the lungs caused by the bacteria *Mycoplasma pneumoniae*. The symptoms may include fever, cough, chest pain, and shortness of breath. Diagnosis is typically made by a blood test or sputum culture. Treatment typically involves antibiotics and rest. Complications can include secondary bacterial infections and lung damage.

Mycoplasma pneumonia, also known as meconium aspiration syndrome, is a serious condition that occurs when a newborn inhales meconium, which is the first stool passed by a newborn. This can lead to inflammation and blockage of the airways, causing pneumonia. It is particularly concerning in premature infants, as their lungs are not fully developed and they may have difficulty in clearing meconium from their airways. The condition can lead to respiratory failure, decreased oxygen levels in the blood, and long-term lung damage, and in severe cases, it can be fatal. Early recognition, prompt treatment, and preventive measures are crucial for managing mycoplasma pneumonia in premature infants. Ongoing research into new treatment strategies is also important for improving outcomes for affected infants.

The symptoms of mycoplasma pneumonia, or meconium aspiration syndrome, may include rapid or labored breathing, grunting sounds while breathing, a bluish tint to the skin (cyanosis), nasal flaring, chest retractions (the skin pulling in between the ribs when breathing), and a rapid heart rate. In severe cases, the infant may

also experience difficulty feeding, lethargy, and low oxygen levels in the blood. It is important for parents and caregivers to seek medical attention if they notice any of these symptoms in a newborn, especially if the baby is premature or at risk for meconium aspiration.

Premature infants are at a higher risk of developing mycoplasma pneumonia because their lungs are not fully developed and they may have difficulty in clearing meconium from their airways. Additionally, premature infants are more likely to experience respiratory distress syndrome, a condition that further complicates their ability to clear meconium from their lungs.

The occurrence of mycoplasma pneumonia in premature infants can have serious consequences. It can lead to respiratory failure, decreased oxygen levels in the blood, and long-term lung damage. In severe cases, it can even be fatal.

Early recognition and treatment of mycoplasma pneumonia are crucial for improving outcomes in premature infants. Treatment may include suctioning the airways to remove meconium, providing respiratory support with oxygen therapy or mechanical ventilation, and administering antibiotics to prevent or treat secondary bacterial infections.

Prevention is also an important aspect of managing mycoplasma pneumonia in premature infants. Healthcare providers should be vigilant in monitoring newborns for signs of distress and ensuring that proper suctioning techniques are used during delivery to prevent the inhalation of meconium.

Research into the prevention and treatment of mycoplasma pneumonia in premature infants is ongoing. Some studies have shown that surfactant therapy, which helps improve lung function, may be beneficial in reducing the risk of developing mycoplasma pneumonia in premature infants.

In conclusion, mycoplasma pneumonia is a serious condition that can occur in premature infants, posing significant risks to their health and well-being. Early recognition, prompt treatment, and preventive measures are essential in managing this condition and improving outcomes for premature infants. Ongoing research into new treatment strategies will continue to advance our understanding and management of this challenging condition.

Prevention of mycoplasma pneumonia, involves practicing good hygiene and taking steps to avoid exposure to the bacteria that cause the infection. This includes:

1. Washing hands frequently with soap and water, especially after coughing, sneezing, or being in public places.
2. Avoiding close contact with individuals who have respiratory infections, such as colds or the flu.
3. Covering the mouth and nose with a tissue or elbow when coughing or sneezing to prevent the spread of respiratory droplets.
4. Keeping the immune system strong through a healthy diet, regular exercise, and adequate sleep.
5. Getting vaccinated against diseases such as influenza and pertussis, which can lead to secondary bacterial infections like mycoplasma pneumonia.

It is also important for individuals with mycoplasma pneumonia to take precautions to prevent spreading the infection to others, such as staying home from work or school until they are no longer contagious and following their healthcare provider's recommendations for treatment and recovery.

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