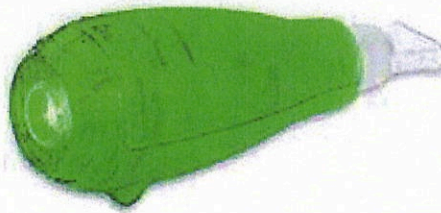


Chapter 10

Airway Clearance



Clearing Mucus from Your Airways Begins With:

- Step 1- **Good hydration** means **64 ounces of water** per day (unless your physician has advised you otherwise).
- Step 2- Practice **controlled and “huff” coughing** techniques (especially after breathing treatments!)

Cough Control

A cough, either voluntary or reflex, is the easiest method used to **clear secretions from the larger airways**. A proper cough requires the person to inhale deeply, close the back of the throat, create a pressure in the airways, and then quickly expel the air while contracting the stomach muscles. The person with pulmonary disease may have a difficult time building the needed pressures to cough effectively because of decreases in expiratory flow rates. (Not enough air to get the junk out.) Because of this, uncontrolled coughing episodes may occur.

Uncontrolled coughing is caused by the rapid intake of air through the mouth that irritates the throat and upper airways producing a “spasmodic” reaction. This effect causes you to cough without support to your airway, collapsing small airways in the lung. This type of irritation also causes you to “gasp” for breath (usually through the mouth), which causes the process to continue. Very little mucus is produced during this type of uncontrolled coughing. In some patients, uncontrolled coughing may create fatigue, chest wall pain, dyspnea (shortness of breath), and even bronchospasm.

Bronchial Hygiene

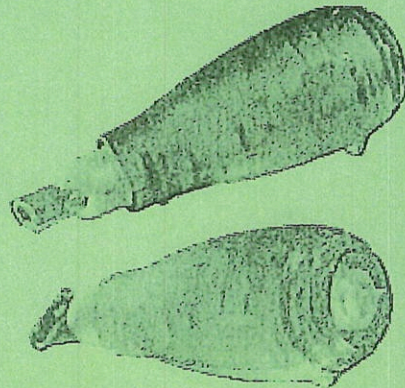
acapella® Vibratory PEP Therapy System

INQUIRE ABOUT THIS PRODUCT

PORTEX

acapella® combines the benefits of both PEP therapy and airway vibrations to mobilize pulmonary secretions and can be used in virtually any spatial orientation. Patients are free to sit, stand or recline.

It improves clearance of secretions, is easier to tolerate than CPT, takes less than half the time of conventional CPT sessions* and facilitates opening of airways in patients with lung diseases with secretory problems (COPD, asthma, Cystic Fibrosis). Color-coded units (green for high-flow, blue for low) help customize treatment based on clinical needs. You can adjust acapella's frequency and flow resistance simply by turning an adjustment dial.



* Mahimeister MJ et al. "Positive-expiratory pressure mask therapy: Theoretical and Practical Considerations and a Review of the Literature", *Respiratory Care*, 1991.

Product Features

- Color-coded.
- Blue-DM <15 lpm for 3 seconds.
- Green-DH >15 lpm for 3 seconds.
- Inspiratory Valve.
- 22mm OD ambient end.
- 22mm OD patient end.
- Expiratory resistance dial.
- Patented rocker mechanism.

Product Benefits

- Can accommodate virtually any patient's lung capacity.
- Allows inhalation and exhalation without removing from mouth.
- May be used with mask or mouthpiece Nebulizer
- Can accommodate virtually any patient's lung capacity. Reproducible therapies.
- Use in any position-patient is free to sit, stand or recline.

