

## Airway Clearance Options

Scan the QR codes below with your mobile device to watch educational videos about each option.

Visit [www.IMPACT-BE.com](http://www.IMPACT-BE.com) and click on "Video Library."



### Bronchodilators

Used to open your airways before doing other airway clearance treatments. May be taken through metered dose inhaler (MDI), or a nebulizer. This is not a standalone therapy.

**Products:** Proventil®, Ventolin®, ProAir®, Xopenex®, Perforomist®, Serevent®, Spiriva®



### Hypertonic Saline

Sterile sodium chloride (salt) solution inhaled through a nebulizer to thin the mucus. Available in different concentrations, most commonly 3% and 7%.

**Products:** Saline, HyperSal®, Hypertonic Saline



### Positive Expiratory Pressure (PEP)

Hand-held device that allows you to breathe in freely but creates resistance when you breathe out. This process helps get air behind the mucus, detach it from lung walls, and promote movement up and out of the airways.

**Products:** PEP Valve, PEP Mask



### Oscillating Positive Expiratory Pressure (OPEP)

Hand-held device that allows you to breathe in freely, but creates vibration and resistance when you breathe out. The vibration and resistance aid in moving mucus up and out of the airways.

**Products:** Acapella Choice®, Aerobika®, Lung Flute®



### High-Frequency Chest Wall Oscillation (Mobile)

Portable vest device that vibrates against the chest wall to loosen mucus so it can be coughed up more easily. Allows for free movement during treatment.

**Products (# of sizes):** AffloVest® (7), Monarch® (1)



### High-Frequency Chest Wall Oscillation (Stationary)

Vest device that plugs into an electric outlet and uses an air compressor and hoses to help clear the airways.

**Products (# of sizes):** The Vest® (8), InCourage® (23), SmartVest® (8)



### Huff Coughing

Involves taking a breath in, holding it briefly, and actively exhaling as if you are trying to "fog up" a mirror. Less intense than a regular cough, it may be more effective at clearing.



### Active Cycle of Breathing Technique (ACBT)

A three-step technique that helps clear mucus: breathing control (relax airways), chest expansion exercises (get air behind mucus), and huff coughing (move mucus to larger airways).



### Chest Physical Therapy (CPT) & Postural Positioning

Uses percussion (clapping) and gravity (postural drainage/positioning) along with other techniques such as huff coughing to loosen and drain mucus from the lungs.



**IMPACT™**  
Individual Management of  
Patient Airway Clearance Therapy

START TO  
MAKE AN  
**IMPACT**  
TODAY

This is your  
**IMPACT Action Plan.**

Please keep it in a safe place.

When you return home today:

- Review your Action Plan and keep it handy for future reference
- Visit [www.IMPACT-BE.com](http://www.IMPACT-BE.com), take a look around, and be sure to check out any resources recommended by your care team
- Begin your new airway clearance routine right away
- Put your next clinic visit on your calendar:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

# YOUR ACTION PLAN

A copy of this Action Plan should be provided to the patient at the conclusion of the clinic visit for reference at home. Retain a copy in the patient's chart for review during the next visit.

Your care team recommends the following airway clearance routine	How many times a day?	How long each time?	How many times a week?
Exercise: Please specify which type: _____			
Inhaled Bronchodilators: Proventil®   Ventolin®   ProAir®   Xopenex®   Perforomist®   Serevent®   Spiriva®   Other: _____			
Mucolytics/Mucus Thinners: Hypertonic Saline 3%   7%   Other: _____			
<b>Airway Clearance Techniques:</b>			
Positive Expiratory Pressure (PEP): PEP Valve   PEP Mask			
Oscillating Positive Expiratory Pressure (OPEP): Acapella Choice®   Aerobika®   Lung Flute®   Other: _____			
High-Frequency Chest Wall Oscillation: AffloVest®   The Vest®   InCourage®   SmartVest®   Monarch®			
Huff Coughing			
Chest Physical Therapy (CPT)			
Postural Drainage & Percussion			
Active Cycle of Breathing Techniques (ACBT)			
Autogenic Drainage			
Other: _____			

VIDEOS | Your care team recommends that you watch the following videos at: [www.IMPACT-BE.com/Video-Library](http://www.IMPACT-BE.com/Video-Library)

Conducting Airway Clearance		Prioritizing Airway Clearance
<input type="radio"/> <a href="#">Exercise</a>	<input type="radio"/> <a href="#">Vest Therapy (mobile)</a>	<input type="radio"/> <a href="#">Fitting Airway Clearance into a Busy Day</a>
<input type="radio"/> <a href="#">Bronchodilators</a>	<input type="radio"/> <a href="#">Vest Therapy (stationary)</a>	<input type="radio"/> <a href="#">Doing Airway Clearance While "On the Go"</a>
<input type="radio"/> <a href="#">Hypertonic Saline</a>	<input type="radio"/> <a href="#">Huff Coughing</a>	<input type="radio"/> <a href="#">Doing Airway Clearance While on Vacation</a>
<input type="radio"/> <a href="#">Using a Nebulizer</a>	<input type="radio"/> <a href="#">Chest Physical Therapy (CPT)</a>	<b>About Airway Clearance</b>
<input type="radio"/> <a href="#">PEP Therapy</a>	<input type="radio"/> <a href="#">Postural Drainage</a>	<input type="radio"/> <a href="#">How Airway Clearance Improves Overall Well-being</a>
<input type="radio"/> <a href="#">Using the Acapella</a>	<input type="radio"/> <a href="#">Active Cycle of Breathing (ACBT)</a>	<input type="radio"/> <a href="#">Airway Clearance Techniques</a>
<input type="radio"/> <a href="#">Using the Aerobika</a>	<input type="radio"/> <a href="#">Autogenic Draining</a>	<input type="radio"/> <a href="#">Bronchiectasis: The Role of Airway Clearance Therapy</a>

EDUCATIONAL RESOURCES | Your care team recommends that you read the following materials at: [www.IMPACT-BE.com/Resources](http://www.IMPACT-BE.com/Resources)

Airway Clearance Technique Instructions	Bronchiectasis and Other Treatments
<input type="radio"/> <a href="#">PEP Devices</a>	<input type="radio"/> <a href="#">Bronchiectasis</a>
<input type="radio"/> <a href="#">OPEP Devices</a>	<input type="radio"/> <a href="#">Inhaled Bronchodilators &amp; Cleaning Equipment</a>
<input type="radio"/> <a href="#">High-Frequency Chest Wall Oscillation Devices</a>	<input type="radio"/> <a href="#">Nebulized Medicines &amp; Cleaning Equipment</a>
<input type="radio"/> <a href="#">Chest Physical Therapy / Postural Drainage &amp; Percussion</a>	<input type="radio"/> <a href="#">Order of Treatments</a>
<input type="radio"/> <a href="#">ACBT &amp; Huff Coughing</a>	* Links to videos and websites are owned and operated by third parties, which are under their exclusive control, provided for your information and convenience at your own risk, and are not an endorsement of the linked content or such third parties.
<input type="radio"/> <a href="#">Autogenic Drainage</a>	

**Notes:**

I have reviewed this Action Plan with my care team, and I agree to follow through with each of the recommended items listed above.

Your Signature: \_\_\_\_\_ Healthcare Provider Signature: \_\_\_\_\_