



There are no right or wrong answers to this assessment.
Please answer as truthfully as possible so that we can work together to find the best airway clearance treatment(s) for you and your child's lifestyle.

Child's Name: _____

Physician: _____

Date: _____



Parent

1 Which treatment methods are you currently using?	Treatment name	How long	Times a day?	Times a week?
Bronchodilators	Proventi® ProAir® Ventoli® Xopenex®	_____ mins	_____	_____
Hypertonic Saline	Hypersal® Pulmosal® 3% 7%	_____ mins	_____	_____
Mucolytics (Mucus Thinners)	Pulmozyme® Mucomyst®	_____ mins	_____	_____
Airway Clearance Therapies:				
• Positive Expiratory Pressure (PEP)	PEP Valve PEP Mask Flutter	_____ mins	_____	_____
• Oscillating Positive Expiratory Pressure (OPEP)	Acapella Choice® Aerobika® Lung Flute®	_____ mins	_____	_____
• Vest Therapy (Mobile)	AffloVest® Monarch®	_____ mins	_____	_____
• Vest Therapy (Stationary)	The Vest® InCourage® SmartVest®	_____ mins	_____	_____
• Huff Coughing	_____	_____ mins	_____	_____
• Percussion and Postural Drainage	_____	_____ mins	_____	_____
• Active Cycle of Breathing Techniques (ACBT)	_____	_____ mins	_____	_____
• Autogenic Drainage	_____	_____ mins	_____	_____
• Intrapulmonary Percussive Ventilation (IPV)	_____	_____ mins	_____	_____
• Other:	_____	_____ mins	_____	_____
Exercise: (Please specify which type)	_____	_____ mins	_____	_____
Inhaled Antibiotics	Cayston® TOBI® TOBI Podhaler® Bethkis®	_____ mins	_____	_____
Inhaled Corticosteroids	Pulmicort® QVar® Flovent®	_____ mins	_____	_____

2 To what extent is each statement true for you? For each statement below, select the circle that best describes how closely each statement describes your experience.	Not at all true	Somewhat true	True	Very true
I can explain the benefits of airway clearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think airway clearance is an important part of my child's care and makes him/her healthier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know about all of the airway clearance options that are available to my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the correct order in which to do pulmonary treatments, including airway clearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My child consistently does his/her airway clearance routine each day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My child does their airway clearance routine when we travel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We set aside time each day for my child to perform his/her airway clearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident my child knows how to do his/her airway clearance correctly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident I know how to clean/disinfect my child's airway clearance equipment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My child is comfortable doing airway clearance in front of friends/family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my child's current airway clearance routine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3 Which of the following might get in the way of your child's current airway clearance routine or adding a new airway clearance option? Check all that apply.				4 Add notes or thoughts not addressed.
<input type="radio"/> I don't think it helps	<input type="radio"/> It takes too much time	<input type="radio"/> It's difficult to set up	<input type="radio"/> Not a priority	
<input type="radio"/> I'm not sure why they should do it	<input type="radio"/> Normal routine is disrupted	<input type="radio"/> It's too heavy/complicated	<input type="radio"/> Child forgets	
<input type="radio"/> I don't think it's necessary	<input type="radio"/> Travel with it is difficult	<input type="radio"/> Issues cleaning/disinfecting	<input type="radio"/> Child is embarrassed	
<input type="radio"/> It worsens child's cough	<input type="radio"/> Child prefers to exercise/play sports	<input type="radio"/> I'm not sure about the settings	<input type="radio"/> Child finds it boring	
<input type="radio"/> Child is uncomfortable/it hurts	<input type="radio"/> Gets in the way of social time/activities			
<input type="radio"/> Child doesn't feel well enough	<input type="radio"/> High out-of-pocket cost			
<input type="radio"/> Child feels good, doesn't have symptoms				
<input type="radio"/> Child is on a modulator, doesn't need it				



Parent

Airway Clearance Options

Scan the QR codes below with your mobile device to watch educational videos about each option. Or, go to: www.IMPACT-CF.com



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

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

Products:

Saline, HyperSal®



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, Flutter



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 (number 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 (number of sizes):

The Vest® (8), InCourage® (23), SmartVest® (8)



Huff Coughing

In addition to the airway clearance that you use, it is very important to "huff cough" and cough during and after the therapy.



Percussion & Postural Drainage

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