



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 your lifestyle.

Name: _____

Physician: _____

Date: _____



Teen

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 How true are the following statements for you? Select the answer that most closely describes how you feel.			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 my airway clearance is an important part of my care, because it makes me 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 me.			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the correct order in which to do my respiratory treatments, including airway clearance.			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I consistently do my airway clearance routine each day.			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I continue my airway clearance routine when I am away from home.			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to set aside time each day to perform airway clearance therapies.			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident I know how to do my 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 airway clearance equipment.			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am 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 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 doing your 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"/> I forget to do it			
<input type="radio"/> I'm not sure why I should do it	<input type="radio"/> It disrupts my daily life	<input type="radio"/> It's too complicated	<input type="radio"/> It reminds me of my disease			
<input type="radio"/> It makes my cough worse	<input type="radio"/> I would rather play sports/exercise	<input type="radio"/> Issues with cleaning/disinfecting	<input type="radio"/> It's embarrassing			
<input type="radio"/> It's uncomfortable/hurts	<input type="radio"/> It gets in the way of time with friends	<input type="radio"/> I'm not sure about the settings	<input type="radio"/> I don't want others to know about my CF			
<input type="radio"/> I don't feel well enough to do it			<input type="radio"/> I'm too tired			
<input type="radio"/> Feeling great, no symptoms			<input type="radio"/> I don't want to do it when I'm away from home			
<input type="radio"/> I don't think I need it						
<input type="radio"/> On a modulator, don't need it						



Teen

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.