

Name: _____

Physician: _____

Date: _____



What breathing treatments do you every day?

Find the treatments you do every day and answer the questions. You can draw an "X" through any medications or therapies that you do not do. If you aren't sure, ask your parents or care team. You can also find out more about each treatment on the back of this worksheet.

RESPIRATORY TREATMENTS	Bronchodilators	Hypertonic Saline	Mucus Thinners (Mucolytics)	Inhaled Antibiotics	Inhaled Corticosteroids
					
Treatment name	_____	_____	_____	_____	_____
How many times a day	_____	_____	_____	_____	_____
How long each time	_____ minutes	_____ minutes	_____ minute	_____ minutes	_____ minutes
How I feel about it					

AIRWAY CLEARANCE THERAPIES	Positive Expiratory Pressure (PEP)	Oscillating Positive Expiratory Pressure (OPEP)	Percussion (Hand Therapy) & Huff Coughing	Vest Therapy	Exercise
					
Treatment name	_____	_____	_____	_____	_____
How many times a day	_____	_____	_____	_____	_____
How long each time	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes
How I feel about it					



IMPACT™

Individual Management of
Patient Airway Clearance Therapy



Learn more about breathing treatments

Not sure which treatments do what? Read the descriptions below to learn more. You can also scan the QR codes to watch videos of how they are done.



Bronchodilators

What they do:

Bronchodilators open up the airways. This helps air flow better. Once airways are open, your other treatments get into your lungs better.



Hypertonic Saline

It Does:

Hypertonic saline adds moisture to the airways. This makes it easier to clear mucus.



Mucus Thinners (Mucolytics)

What they do:

Mucus thinners make mucus less thick and sticky. This makes it easier to cough out.



Inhaled Antibiotics

What they do:

Inhaled antibiotics help to kill bacteria (or bugs) in the lungs that can make you sick.



Inhaled Corticosteroids

What they do:

If you have asthma, inhaled corticosteroids help reduce swelling when your airways are inflamed.

Airway Clearance Therapies

What they do: Airway Clearance Therapies (ACTs) help you move mucus up and out of your lungs. This is important because bacteria (bugs) like to live in the sticky mucus. Once you have opened your airways and loosened the mucus, it's time to get that mucus up and out of your lungs! These are just a few examples of common ACTs. Ask your care team about ACTs, or learn more at www.IMPACT-CF.com



Positive Expiratory Pressure (PEP)



Oscillating Positive Expiratory Pressure (OPEP)



Percussion (Hand Therapy) & Huff Coughing



Vest Therapy



Exercise

The IMPACT Program was created in partnership with the IMPACT Advisory Team and is sponsored by International Biophysics Corporation, manufacturer of the AffloVest.

The IMPACT Advisory Team is a group of qualified physicians and allied professionals engaged in airway clearance research and development in coordination with and under the auspices of International Biophysics Corporation.

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