I M P A C T AIRWAY CLEARANCE ASSESSMENT Individual Management of Patient Airway Clearance Therapy

There are no right or wrong answers to this assessment.

Please answer as truthfully as possible so we can work together to find the best airway clearance treatment(s) for your lifestyle.

Name:	- 0
Physician:	- 3
Date:	Adult

Which treatment methods     are you currently using?	Treatment name			# minutes, # puffs or dose?		Times a day?	Days a week?
Bronchodilators	Albute	erol (Proventil®, ProAir®, Ventolin®)   Levalbuterol (Xope	enex®)	dose	puffs		
Hypertonic Saline	Hyper	Sal®   Pulmosal®   Sodium Chloride 3%   3.5 %   7 %			_ dose		
Mucolytics (Mucus Thinners)	Mucor	nyst®   Bronchitol®   Pulmozyme®			_ dose		
Airway Clearance Therapies:							
• Positive Expiratory Pressure (PEP)	Resist	ex PEP Mask   TheraPEP®			_ min		
• Oscillating Positive Expiratory Pressure (OPEP)	Acape	lla Choice®   Aerobika®   Flutter®   Lung Flute®   RC-Cor	net®		_ min		
• Vest Therapy (Mobile)	AffloV	est®   Monarch®			min		
• Vest Therapy (Stationary)	The Ve	est®   InCourage®   SmartVest®			min		
Huff Coughing					_ min		
• Percussion and Postural Drainage					_ min		
• Active Cycle of Breathing Techniques (ACBT)				min			
Autogenic Drainage					_ min		
• Intrapulmonary Percussive Ventilation (IPV)					_ min		
• Other:					_ min		
Exercise (please specify which type)					_ min		
Inhaled Antibiotics	Cayst	on®   TOBI®   TOBI Podhaler®   Bethkis®   Colistin®		dose			
	Cayst	on®   TOBI®   TOBI Podhaler®   Bethkis®   Colistin®		dose			
Inhaled Corticosteroids	Flover	nt®   Pulmicort®   QVAR®		dose puffs			
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## Airway Clearance Options

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



## **Bronchodilators**

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

#### Products:

Albuterol (Proventil®, ProAir®, Ventolin®), Levalbuterol (Xopenex®)



## 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:** Pulmosal®, HyperSal®, Sodium Chloride



# Positive Expiratory Pressure (PEP)

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

**Products:** Resistex PEP Mask, TheraPEP®





## 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<sup>®</sup>, Aerobika<sup>®</sup>, Flutter<sup>®</sup>, Lung Flute<sup>®</sup>, RC-Cornet<sup>®</sup>



## 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<sup>®</sup> (7), Monarch<sup>®</sup> (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<sup>®</sup> (8), InCourage<sup>®</sup> (23), SmartVest<sup>®</sup> (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.

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# 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.

The IMPACT Program was created in partnership with the IMPACT Advisory Team with sponsorship from the AffloVest® team, now manufactured by Tactile Medical. The IMPACT Advisory Team is a group of qualified physicians and allied professionals engaged in airway clearance research and development in coordination with and sponsorship from the AffloVest team. This information is intended for audiences in the United States only. All trademarks referenced herein are the property of their respective owners. ©2022 Tactile Medical. All rights reserved. 702187-001 Rev C 5/2022