



UNDERSTANDING AIRWAY CLEARANCE

For People Living with Cystic Fibrosis (CF)

Contains educational materials on airway clearance techniques (ACT), treatments and devices.



AIRWAY CLEARANCE TECHNIQUES & WHAT IT MEANS TO YOU



Airway Clearance is a combination of **Techniques**, **Devices** & **Inhaled Medications**. Examples include:

ACT
01

Techniques

- Active cycle breathing (ACB)
- Breathing and coughing techniques
- Huff Cough
- Percussion and Postural drainage (PPD)
- Exercise

ACT
02

Devices

- Vest Therapy®
- SmartVest Airway Clearance System
- Frequencer™
- Percussor
- Positive expiratory pressure (PEP)
 - Acapella®
 - RC-Cornet®
 - Flutter®
 - Aerobika

ACT
03

Inhaled Medications

Bronchodilators

- Albuterol Inhalation
- Proventil®
- Ventolin®
- Xopenex®

Osmotic Agents

- Hypertonic saline or HyperSal®

Mucolytic

- Pulmozyme®

Inhaled Anti-Infectives

- Bethkis®
- Cayston®
- Colistimethate
- Kitabis® Pak
- TOBI Podhaler®
- Tobramycin Inhalation Solution



Why is ACT necessary?

- 1 | CF causes thick, sticky mucus in the lungs
- 2 | Airway Clearance helps mobilize the mucus out of the lungs



If you do not perform Airway Clearance every day, mucus will get stuck in your lungs and cause:

| Infection

| Increased cough & congestion

| Shortness of breath

| Fatigue

| Decrease in energy

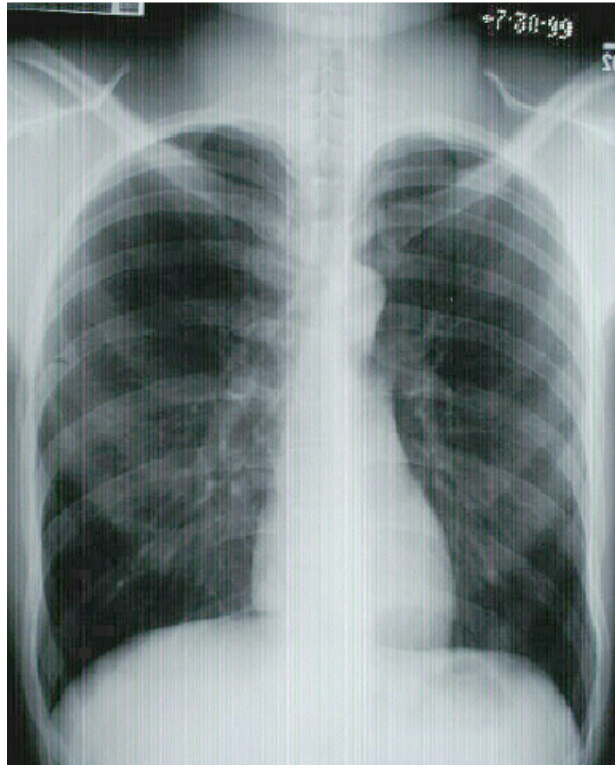
| Decrease in lung function

| Poor appetite

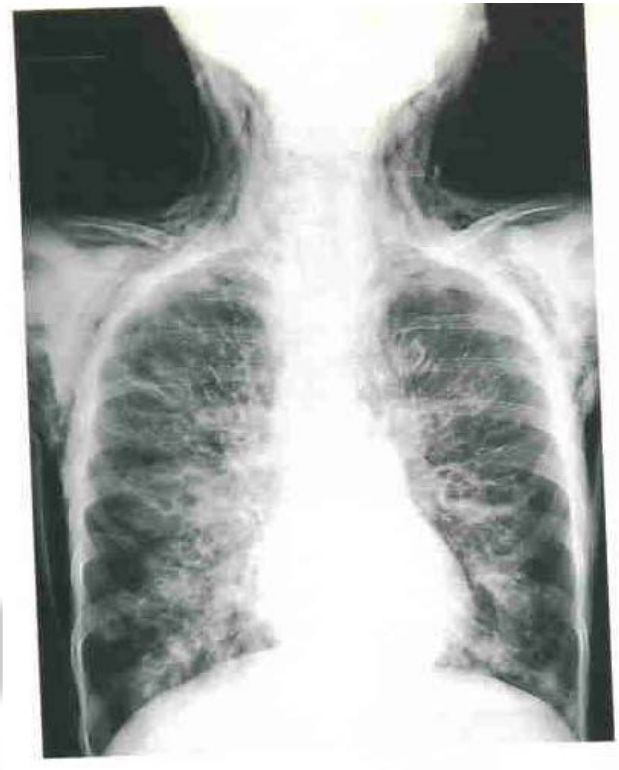
| Weight loss



X-Ray comparison of normal lungs vs. CF lung disease



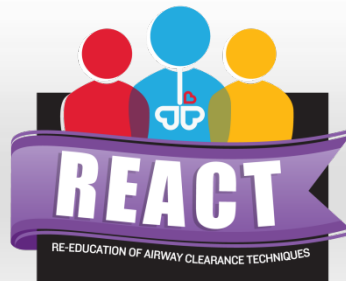
Normal Chest X-Ray



Cystic Fibrosis Lung Disease



WHAT ARE THE BARRIERS TO DOING AIRWAY CLEARANCE?



Are there other techniques or devices you would like to try?

Breathing & Coughing Techniques

Autogenic drainage, active cycle breathing, huff coughing

Percussion Therapy & Postural Drainage

High Frequency Chest Wall Compression (HFCWC) Therapy

The Vest® Airway Clearance System, SmartVest® Airway Clearance System, The inCourage system, or other

Positive Expiratory Pressure (PEP)

Acapella®, Flutter®, RC-Cornet®, Aerobika, Vibrating

Percussor

Frequencer





**DO YOU HAVE ANY OTHER
QUESTIONS ABOUT AIRWAY
CLEARANCE TECHNIQUES?**

