

Breath Stacking

Today we are going to demonstrate breath stacking, a technique used to increase the breath in and aid with the clearance of phlegm/mucous.

You will need:

- manual resuscitation bag
- one way valve
- face mask or mouth piece
- 2 green connectors

To set up the circuit, one green connector is attached to the face mask and the one way valve (at the side with the yellow band) and the other green connector is attached to the resuscitation bag and the other end of the one way valve

Breath stacking is easier to perform with the help of a second person.

The patient sits up straight with back and head supported. The second person is positioned behind and holds the facemask with one hand and the resuscitation bag with the other. With the patient's head supported against the assistant's chest the facemask is applied over the patient's mouth/nose, focusing on achieving a good seal.

The patient takes a deep breath in while the assistant squeezes the bag.

The breath is held and the assistant squeezes the bag again as the patient takes another breath in (stacking one breath on top of the other).

It is important to coordinate the breaths in with the bag squeezes.

Take 3 to 4 breaths in one after the other in this way, before removing the mask and breathing out or performing a cough. This is one breath stacking cycle.

You should perform 2 sets of 3 to 4 breath stacking cycles in the morning and again in the evening.

Cough Assist

The cough assist is a machine used to improve cough strength to aid with the clearance of phlegm/mucous.

As well as the cough assist machine, you will need a face mask, air filter and tubing.

The tubing connects the machine to the air filter, which is then attached to the face mask.

With the machine switched on, apply the face mask over the nose/mouth and then press start on the machine.

The machine gives three breaths in, represented by the peaks on the graph, and one cough, represented by the valley/dip on the graph, per cycle.

It is important to coordinate your inspiration and expiration and final cough with the machine.

You should perform 2 sets of 3 to 4 cycles in the morning and again in the evening.