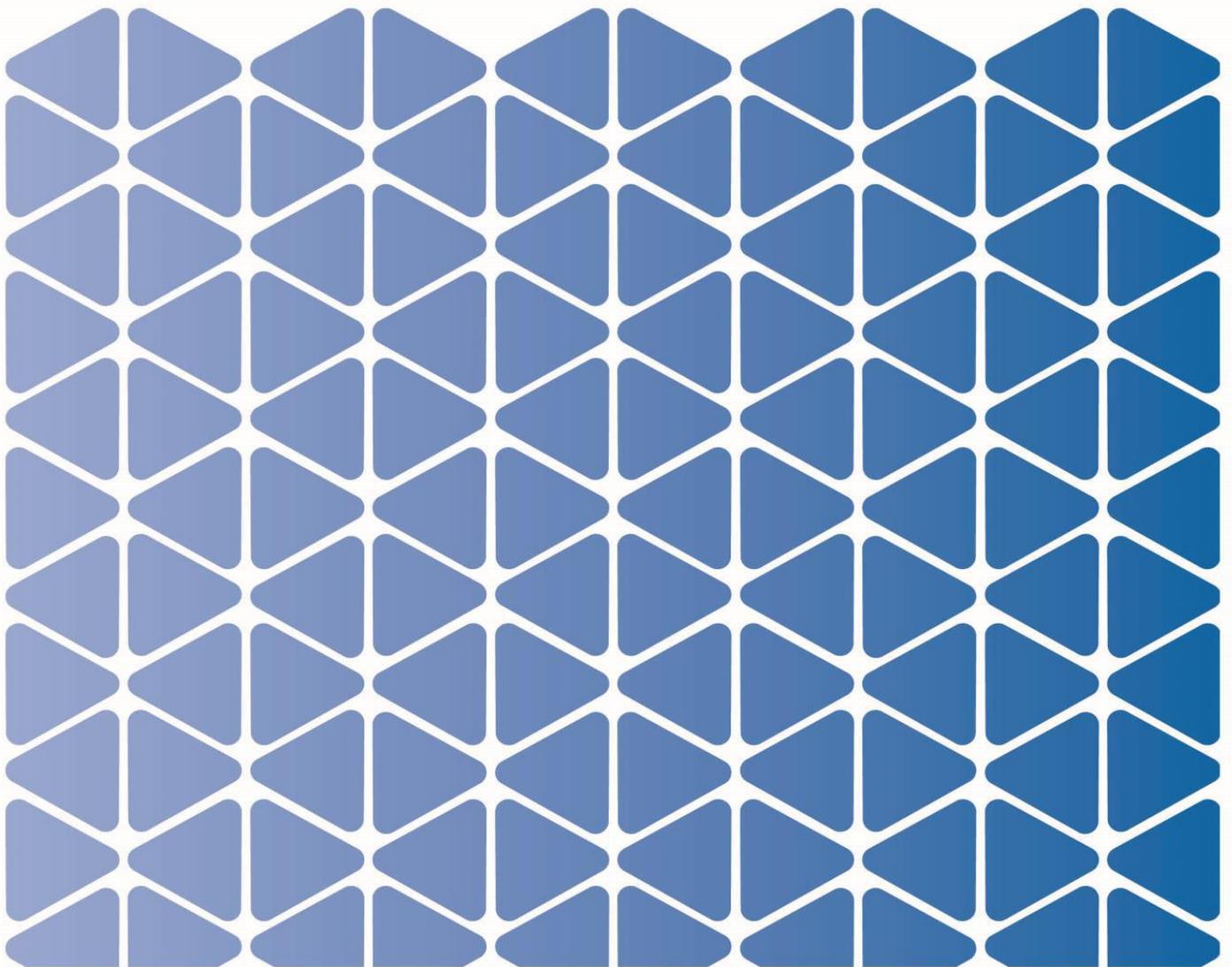




**Worcestershire
Acute Hospitals**
NHS Trust

PATIENT INFORMATION

USING YOUR AEROBIKA



 www.worcsacute.nhs.uk

 @WorcsAcuteNHS

 @WorcsAcuteNHS

Chest physiotherapy helps to clear mucus from your lungs and keep your lungs healthy.

The Aerobika is a device that can be used to aid chest clearance by:

- **Keeping your airways open as you breathe out**
- **Providing vibrations in your lungs which help to loosen the mucus**

The resistor on the Aerobika is set for you by your physiotherapist so that you feel the most benefit from it.



How to use your Aerobika:

- Wash your hands before you start
- Breathe in slowly through the Aerobika
- Hold your breath for a count of 3
- Breathe out steadily through the Aerobika. You should feel the vibrations in your chest. Try to keep your cheeks still!
- Repeat thistimes
- After each set, dohuffs (using a tube if you find it easier), and a cough if you feel any mucus on your chest.
- Repeat this forsets

When to use your Aerobika:

If you are taking inhaled medication:

You should take before using your Aerobika

You should takeafter using your Aerobika



If you are taking hypertonic saline through your Aerobika, attach the nebuliser chamber to the back of the device, and switch the nebuliser on. Continue with your physiotherapy as directed above. Please ensure the nebuliser is cleaned after each use.

Other nebulised medication should be taken.....

How often you should use your Aerobika:

- When you are well times a day
- When you are showing signs of infection or are unwell,times a day



How to clean your Aerobika:

It is advisable to clean after each use.

- Take the Aerobika apart
- Soak all parts in warm soapy water **OR** place in the top rack of a dishwasher.
- Rinse in warm water, and place to air dry on a clean piece of kitchen roll
- Once dry, store in a clean, dry container.
- It is advisable to sterilise your Aerobika daily by:
 - Using a steam steriliser **OR**
 - Soaking in sterilising solution for 30 minutes **OR**
 - Boiling in a pan of water for 5 minutes
- Please ensure all parts of the device are fully dried before putting it back together.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the following.

Physiotherapist

Contact details.....

Other information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
Information fact sheets on health and disease
- www.rcoa.ac.uk
Information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'
- www.nhsdirect.nhs.uk
On-line health encyclopaedia

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.