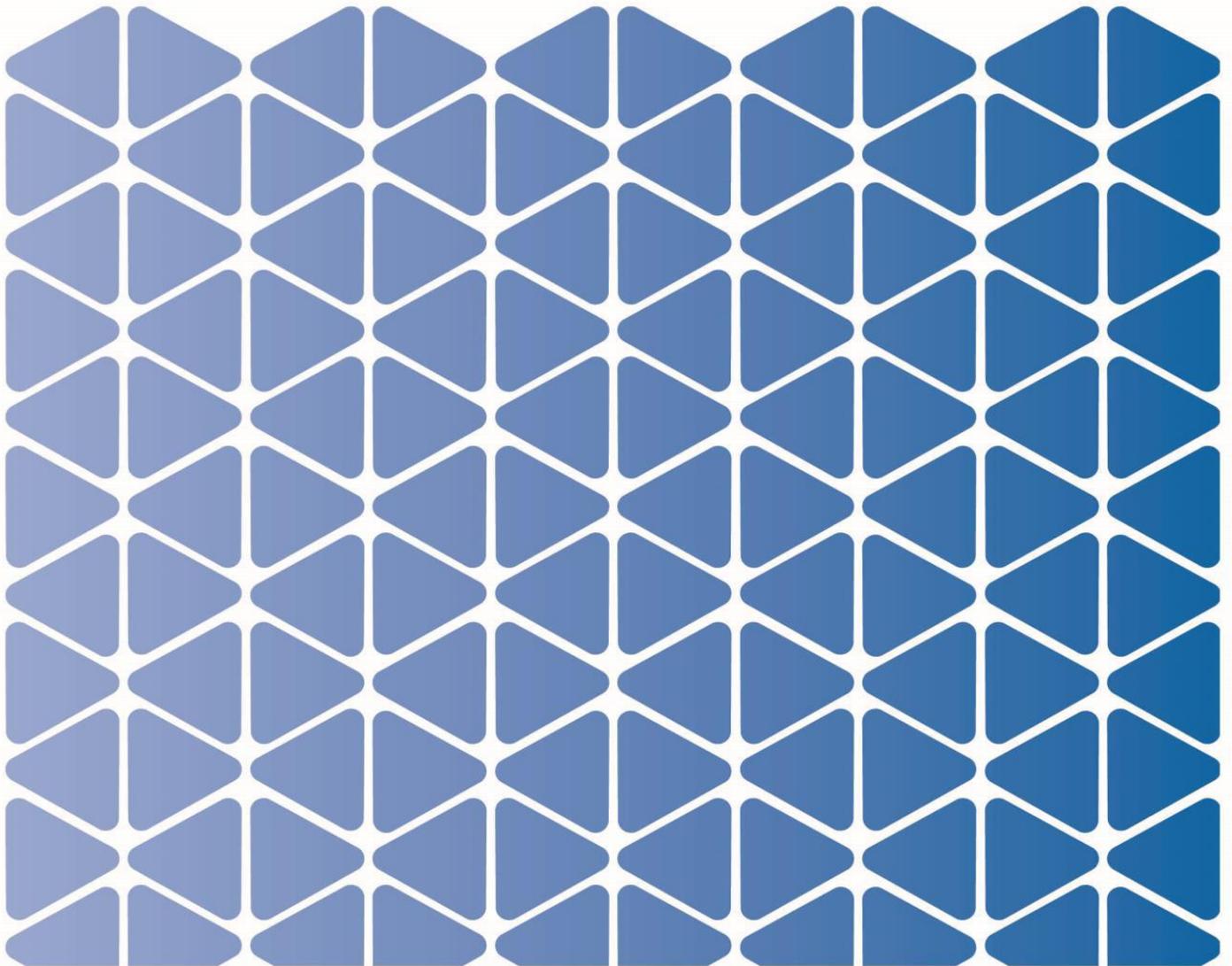




PATIENT INFORMATION

## Bubble PEP - Adults



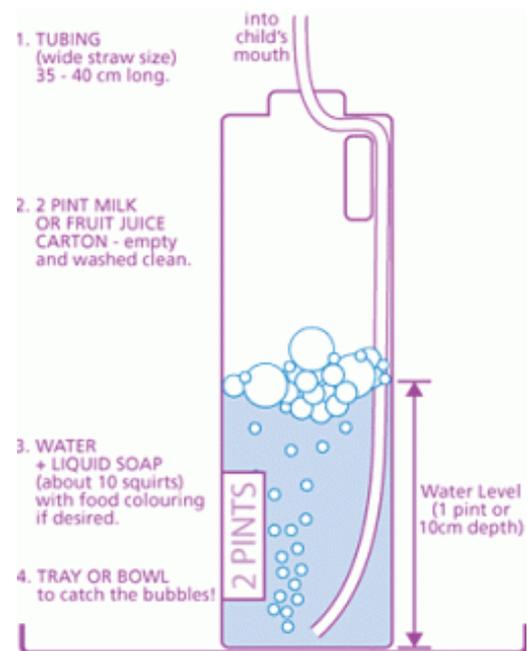
Chest physiotherapy helps to clear mucus from your lungs and keep your lungs healthy.

Bubble PEP (positive expiratory pressure) can be used to aid chest clearance by:

- **Keeping your airways open as you breathe out. This helps more air to move in and out of the lungs, and can help move mucus out of the lungs and into the airways. The mucus can then be cleared.**
- **Providing vibrations in your lungs which help to loosen the mucus**

### How to do Bubble PEP:

- Wash your hands before you start.
- Fill the bottle with .....cm of water.
- Put the plastic tubing into the water.
- Put the bottle into a tray or a bowl.
- Take a breath in and blow out through the tubing into the water to create bubbles.
- The breath out should be as long as possible.
- Repeat this .....times.
- After each set, try to do .....huffs followed by a cough if needed.
- Aim to repeat this for .....sets



### When to do Bubble PEP:

If you are taking inhaled medication:

You should take ..... before Bubble PEP

You should take .....after Bubble PEP

### How often you should do Bubble PEP:

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

**The tubing, bottle and tray should be washed out and left to dry in a clean place until next used. You should throw the bottle and tubing away and replace with clean equipment at least once a week.**

## 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](http://www.worcsacute.nhs.uk)  
Worcestershire Acute Hospitals NHS Trust
- [www.patient.co.uk](http://www.patient.co.uk)  
Information fact sheets on health and disease
- [www.rcoa.ac.uk](http://www.rcoa.ac.uk)  
Information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'
- [www.nhsdirect.nhs.uk](http://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](mailto: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.