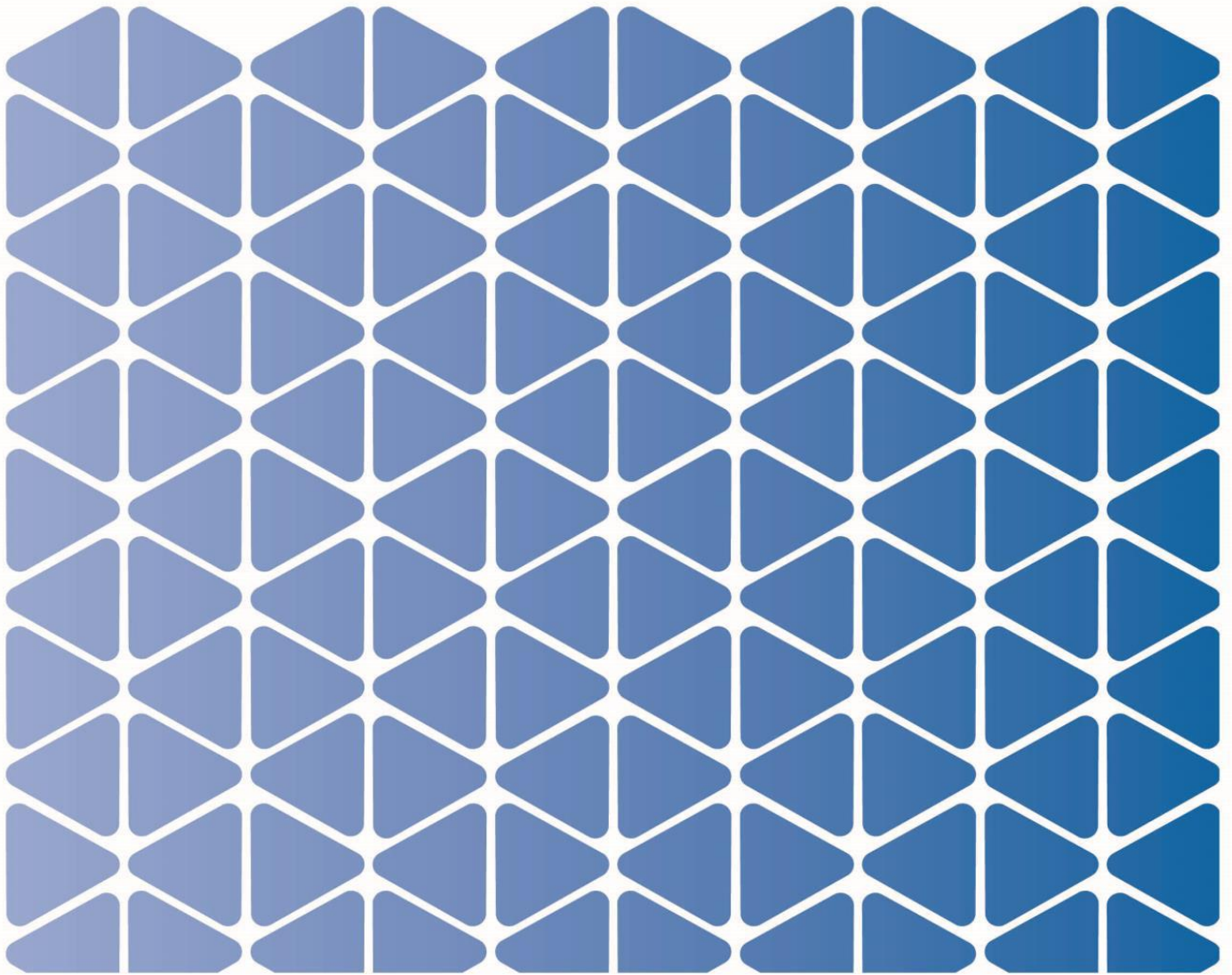




PATIENT INFORMATION

USING THE COUGH ASSIST



A cough assist machine helps to clear secretions (phlegm) from your lungs by applying a positive pressure to fill the lungs, then switching to negative pressure to produce a high expiratory (breathing out) flow rate and simulate a cough.

It can be applied via a mask, mouthpiece, or tracheostomy tube. It can also be used to maintain lung volumes (size of your breath). It is most useful in people with an ineffective cough or who struggle to take a deep breath in due to muscle weakness in neurological conditions such as muscular dystrophies, myaesthesia gravis, Spinal cord lesions, MND etc.

The machine has a manual mode where pressures and time for breaths in and out are controlled by you or a carer, and an auto mode where these things are pre-set. Your physiotherapist will be able to advise you on this.

You should not use the cough assist machine if you have:

- Enlarged air sacs in the lungs (bullae)
- Undrained pneumothorax (air around the lung without a chest drain)
- Broncho pleural fistula (hole in lining of your lung)
- Bleeding in the lungs/ coughing up blood
- Recent airway surgery/ damage to your lungs

You should be careful using the cough assist machine if you have:

- Problems with your heart
- Problems with blood clotting
- High oxygen requirements
- Asthma or air trapping
- Full tummy

Some of the side effects of using the cough assist machine

- Bloating tummy
- Chest soreness
- Fatigue/tiredness
- Drop in oxygen levels



Settings on the Cough assist

1. On/off
2. Therapy (press to start treatment)
3. Settings (your physio will advise on settings)
4. Menu Up/down (only need to use when on the settings screen)
5. Mode set (Manual/auto/auto cough-track, your physio will advise on this)
6. Inhale Pressure Settings
7. Exhale pressure settings
8. Pause (settings Paddle used to carry out treatment when on manual mode)
9. Battery indicator

Setting up the cough assist machine

- Plug in the cough assist and ensure it is on a flat, stable surface. If the battery is fully charged there is no need to plug it in.
- Set up the circuit – machine, filter, tubing, connector and mask/mouthpiece. Oxygen can be added via a connector if needed.
- Get into the correct position, your physio can advise you on this.
- Use any nebulisers/inhalers before treatment
- Switch the machine on; it will automatically return to the last used settings.
- Ensure pressures and mode are set at your written prescription
- Position the mask/mouthpiece comfortably as shown
- Complete number of breaths through the Cough assist as advised
- Ensure treatment is comfortable and there are no concerns
- Look at the screen during breaths to make sure that recommended pressures are reached
- Cough assist is for intermittent use and should not be used for more than 5 mins.

- Clean the mask with a wipe. If the tubing/mask is visibly dirty it will need to be washed in warm soapy water and allowed to air dry. If damaged it will need to be replaced.

Cough assist circuits are available from

Intersurgical Ltd, Crane House, Molly Millars Lane, Wokingham,
Berkshire, RG41 2RZ

Product codes **2000099 Tubing**
1124000 Medium Masks
1125000 Large Masks

info@intersurgical.co.uk

Personalised settings (To be completed by physiotherapist)

Name of patient	
Mode used (circle)	Auto Manual
Inspiratory pressure	
Expiratory pressure	
Pause	
Number of breaths	
Number of cycles	

I certify that the below named person, has been instructed and observed in carrying out this procedure safely and effectively.

Signed.....

Name.....

Role Date.....

I feel confident in using the cough assist machine and I will seek further training if I have any concerns about my skills. I know to follow the individual advice given to me by the Physiotherapist.

Signed.....

Name.....

Date.....

IN THE EVENT OF ACUTE DETERIORATION PLEASE CONTACT THE EMERGENCY SERVICES FOR ASSISTANCE

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.