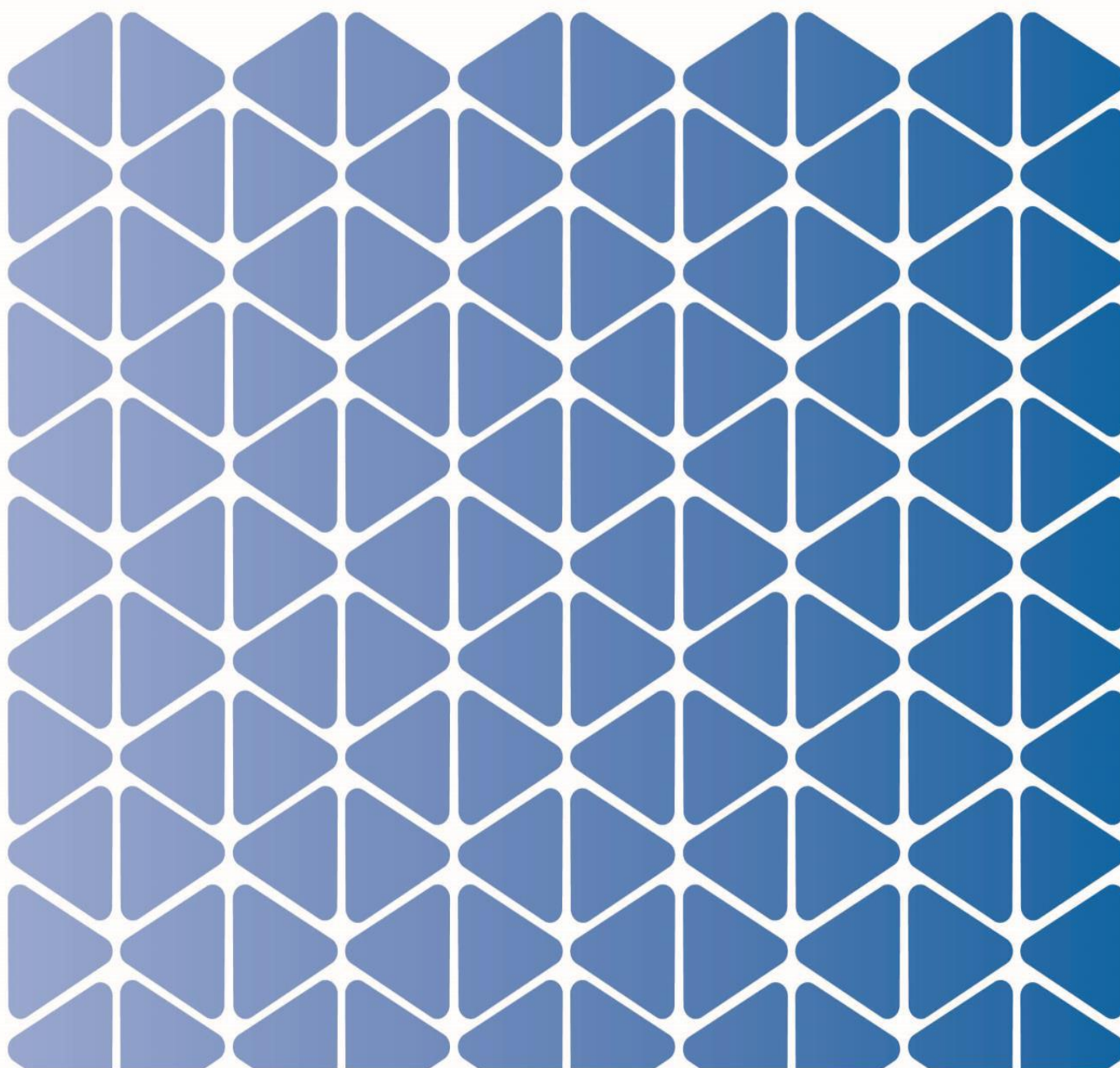


PATIENT INFORMATION**ACTIVE CYCLE OF BREATHING
TECHNIQUES (ACBT)**

This leaflet should be used to guide you through the steps of the Active Cycle of Breathing Techniques to help you clear your chest. A Physiotherapist will teach you the correct technique.

The active cycle of breathing technique (ACBT) helps to:

- loosen and clear sputum
- improve air flow to your lungs
- reduce the need to cough throughout the day
- improve your feelings of breathlessness
- reduce the number of chest infections

It involves the following steps:

1. Relaxed Breathing

Keeping your upper chest and shoulders relaxed, rest your hand on your stomach and breathe in slowly and gently through your nose, feeling your tummy rise as you breathe in and fall as you breathe out. Continue until your breathing is calm and steady.

2. Deep Breathing

Slowly breathe in as deeply as you can through your nose. As you breathe in, you should feel your ribs expand out to the sides. Hold for 2-3 seconds then breathe out gently through your nose.

3. Huffing

Low Huff – This technique helps to bring the secretions from the bottom of the lungs up a little higher.

Take a small breath in, then, with your mouth open as if you are steaming up a mirror, breathe out steadily but with some force, trying to empty out right to the bottom of your lungs.

High Huff – This technique helps to clear the secretions from the upper airway.

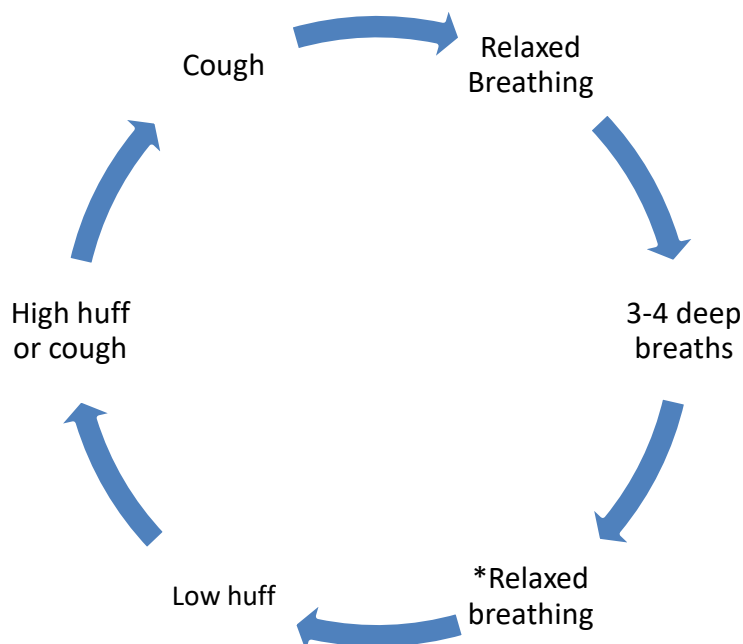
Take a big breath in, then, with the mouth open, make a short, sharp breath out as if steaming up a mirror.

Each of these huffs can be repeated as needed, with relaxed breathing in between if required

4. Cough

If it is felt that sputum is present, then cough to clear.

These are completed as a cycle. Firstly, find a comfortable, well-supported position. Relax your neck, upper chest, shoulders and arms.



Repeat the cycle until your chest feels clear.

We would recommend that you practice the cycle at least 1 - 2 times a day to keep your chest clear. You may need to increase this when you have an infection or feel you have more sputum to clear.

The Physiotherapist will advise you about alternative positions to use whilst doing your ACBT to help make it most effective.

** If your Physiotherapist has issued you an OPEP device please use after second 'relaxed breathing'. You will receive an additional leaflet for your device.*

Hints and Tips

- Take your time with the exercises and use the relaxed breathing to rest/recover
- If you use a bronchodilator inhaler, it may help to use this about 15 minutes before starting your exercises to open up the airways
- If you feel tight, wheezy or breathless, do longer periods of the relaxed breathing
- Try not to do your exercise immediately after a meal to prevent feelings of sickness
- Try to work out which time of day is most effective for you and do your exercises then
- Once you are familiar with the cycle, you can vary its use to meet your needs

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the Physiotherapy department where you had your treatment on the numbers below

- Worcester Royal Hospital 01905 760622
- Alexandra Hospital 01527 512114
- Kidderminster Hospital 01562 513066

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

Feedback for Inpatient Therapies

Please scan the QR code or follow the link below:

If you have been seen by a Physiotherapist or Occupational Therapist during your admission, please leave us some feedback by scanning the QR code or following the link and filling in the short survey.



<https://apps.worcsacute.nhs.uk/PublicSurvey/AHPFeedback>

Ward admitted to: _____

Therapy team who treated you: _____

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.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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