

This leaflet was designed to introduce the Respiratory Therapy Service and the respiratory devices used at ISMETT for the rehabilitation of patients with respiratory disorders.

If you have any questions please do not hesitate to contact our staff. We will be happy to assist you!

For further information:

ISMETT
Via E. Tricomi, 5
90127 Palermo

Telephone: +39 091 2192111
Fax: +39 091 2192400
patienteducation@ismett.edu
www.ismett.edu

RESPIRATORY THERAPY SERVICE

Respiratory device received

- TheraPEP® Incentive
- Spirometer
- Acapella Blue Green
- EzPAP®

The patient is responsible for the correct use of the received respiratory device. In the event of surgery please bring the device to the hospital with you for post-operative respiratory rehabilitation.



Region of Sicily

ISMETT UPMC



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Respiratory Therapy

The goal of the Respiratory Therapy Service and its highly specialized physical therapists is to help patients affected with respiratory diseases to achieve the highest possible levels of independence and physical and social performance, improving quality, dyspnea perception, and tolerance to exertion.

What is it for?

Following a multidisciplinary program the goal of the Respiratory Therapy Service is to prevent and treat respiratory dysfunctions, reducing as much as possible the use of drugs and oxygen consumption. Respiratory therapy has a key role in the functional recovery of chronic respiratory diseases and preventing post-operative complications.

When to use it

The Respiratory Therapy Service supports patients with chronic respiratory diseases including:

- Chronic respiratory failure
- Bronchial asthma
- Chronic obstructive pulmonary disease (COPD)
- Pulmonary emphysema
- Cystic fibrosis

- Interstitial lung diseases
- Restrictive syndromes caused by neuromuscular and chest wall diseases.

Also indicated for patients undergoing or who already received thoracic and/or abdominal surgery and for organ transplant candidates. Namely:

- Before surgery, to reduce the risk of respiratory complications (pneumonia, respiratory failure) and make the patient aware of the therapeutic process he or she will follow after surgery.
- In the first stages of post-op recovery.
- After discharge, to complete the functional recovery started during your hospital stay.

Respiratory Therapy Devices

Respiratory therapy is performed using devices selected by your respiratory therapists according to the goals of your treatment. These tools will be very easy for you to use after some dedicated training.

INCENTIVE SPIROMETER



Its goal is to increase alveolar inflation while at the same time strengthening the respiratory muscles.

How to use it?

- Hold the device in an upright position and exhale normally.
- Inhale slowly and close your lips tightly around the mouthpiece. Notice the piston rising toward the top of the column.
- Exhale slowly and allow the piston to fall to the bottom of the column.
- Repeat the exercise and rest between sessions.
- The device allows to visualize the amount of air that can be inhaled.

TheraPEP®



It is useful to mobilize secretions towards the upper airways and improve alveolar ventilation.

How to use it?

- Adjust resistance using the blue ring, as prescribed.
- Inhale slightly more deeply than usual.
- Hold for 2-3 minutes. Exhale actively, without forcing, and keeping the upper part of the blue indicator between the lines of the pressure indicator.
- Repeat 10-20 times, then cough a few times to help remove the secretions. Rest, then repeat.

ACAPELLA®



This device facilitates the removal of secretions using oscillating positive expiratory pressure.

How to use it?

- Adjust resistance using the round tip.
- Inhale slightly more deeply than usual.
- Place the mouthpiece inside your mouth and slowly exhale to produce oscillations. Repeat 10-20 times, then cough a few times.

EzPAP®



Using a source of oxygen it guarantees positive expiratory pressure similarly to the TheraPEP®

How to use it?

- An oxygen source is connected through a specific port. The O2 flow (approximately 10 liters per minute) supplies the necessary resistance.
- Inhale slightly more deeply than usual. Close your lips tightly around the mouthpiece and actively exhale through it (or through the mask).
- Repeat 10-15 times, then cough a few times to help remove the secretions.

How to clean the device

Remove the mouthpiece or the mask, soak these items in lukewarm water and soap. Rinse and dry.