



Secretion Clearance Devices

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Why use devices?

- Thick secretions
- Copious amount of secretions
- Less forceful coughs
- Less labor intensive
- Able to self-initiate
- Less time vs manual chest physiotherapy and postural drainage

Secretion Clearance at UCSD

- Secretion Clearance Protocol at UCSD
 - Therapist assesses patient daily
 - Therapist sets the frequency of therapy
 - Discontinues therapy, educates other team members
- Manages therapy and educates patient

Most Common Devices at UCSD

CPT Vest – an external form on chest physiotherapy which uses an air filled vest that vibrates at a high frequency.

- Who is it good for?
- Who is it not good for?



Cleaning

- How to clean at home
 - Follow manufacturer's guidelines
 - Wipe with a warm damp rag
 - Check to see if vest is machine washable

Most Common Devices at UCSD

- CPT PEP (positive expiratory pressure) Oscillation Therapy Valve – device used to create backpressure to the lungs, with a vibration component in the airways
 - Who is good for?
 - who is it not good for?



Cleaning

- How to clean the PEP valve at home (follow manufacturer's guidelines)
 - Boiling water
 - Dishwasher
 - Vinegar

Most Common Devices at UCSD

- Acoustic chest physiotherapy – uses low frequency sound waves to help externally loosen secretions and promote secretion mobilization
 - Who is it good for?
 - Who is it not good for?



Cleaning

- How to clean at home
 - Follow manufacturer's guidelines
 - Clean with a damp cloth
 - Use hot soapy water
 - Wipe with a damp cloth and dry with a clean cloth

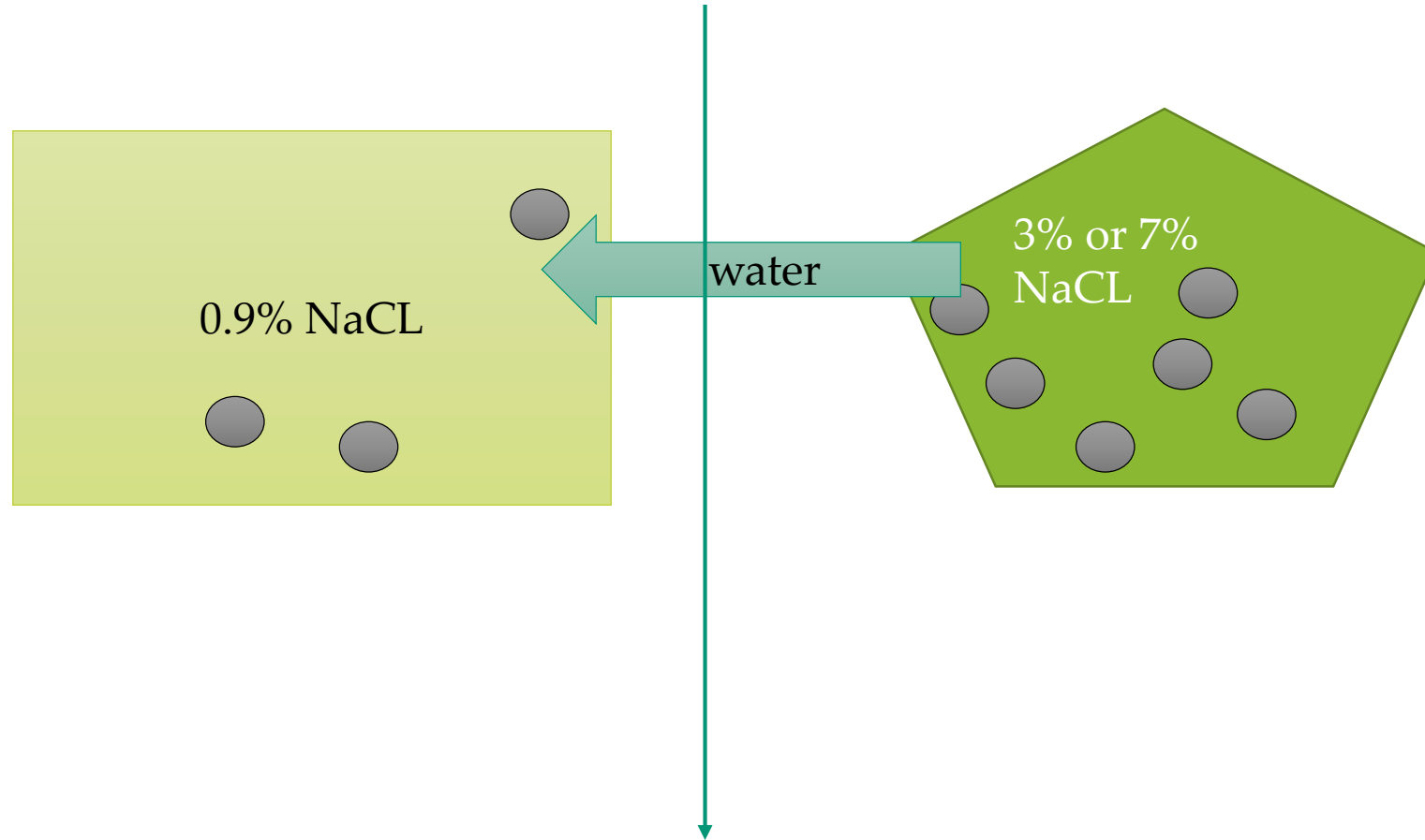
Combination of therapy & medications

- Some devices allow the user to effectively use the secretion clearance therapy with their inhaled medications
- Most common with cystic fibrosis (CF) patients
- Usually performed in a sequence in conjunction with multiple devices

Typical Sequence Therapy for CF

- Bronchodilator
- Hypertonic saline
- Chest physiotherapy (secretion clearance)
- Inhaled DNase (Pulmozyme)
- Inhaled corticosteroid
- Inhaled antibiotic

Inhaled Hypertonic Saline



Summary

- UCSD optimizes CPT through therapist-driven protocols
 - Reduces costs, alleviates burden from team
- A variety of tools are used for CPT
 - One size doesn't fit all
- Infection prevention is paramount to optimal CPT
 - Manufacturer's recommendations followed + infection control policies

Questions?

