

BETTER BREATHING NEWSLETTER



SPUTUM CLEARANCE

What is sputum? Phlegm, mucus, or spit. Usually clear, creamy in colour when healthy, and green or brown when unwell. Its role is to keep airways clean, it catches bugs or dust and transports it out of our lungs.

Why is it important to clear your sputum? The inside of our lungs are warm and moist, if we let secretions sit here without clearing them, we are allowing the potential for infections to grow. Clearing our secretions is also important as it can make breathing easier.

How do we clear our sputum? The good news is there are many different ways you can clear your secretions! These will all be outlined below.

GENERAL EXERCISE

Staying active helps to loosen sputum within the lungs, making it easier to cough up.

STAYING HYDRATED

Drinking lots of water will help to keep mucus thin, similar to thinning out a thick milkshake.



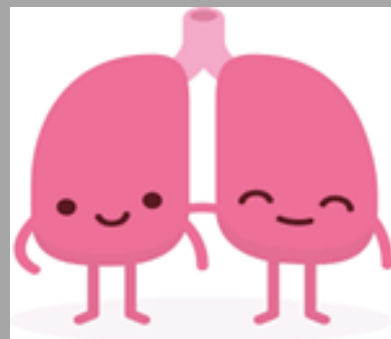
Talofa Lava
Malo e lelei
Ni sa bula Vinaka
Fakaalofa lahi atu Malo ni
and Kia ora koutou

WELCOME TO THE NEWSLETTER

As winter gets closer it is more important than ever to stay well. One of the best ways to do this is by keeping your chest clear from phlegm!

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betterbreathing](https://facebook.com/groups/betterbreathing)

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BREATHING EXERCISES

Deep breaths help to get behind the sputum e.g. ACBT (active cycle of breathing).

HUFF

The huffing technique helps to bring up sputum out of your lungs like drawing up the last bit of toothpaste at the bottom of the tube.

INHALERS

Inhalers help to open up the airways. They allow air to get behind phlegm to be able to shift and loosen them up.

STEAM

Steam from a hot shower can help to add moisture to your mucus, making it easier to bring up.



GRAVITY

Lying and sitting in different positions can help to bring up sputum (e.g. like draining the last bit of tomato sauce in the bottle).



As winter approaches, now is a great time to review or setup your **ACTION PLAN!** Having an action plan can help you to manage your exacerbations effectively, as well as prevent hospital admissions.

SETTING UP YOUR ACTION PLAN IN 2 EASY STEPS:

1. Get in touch with your GP, decide what to do when you are unwell, and what actions and medications you should take.
2. Know your signs and symptoms of being unwell. E.g. What colour is your sputum when you are well? Does it change when you are unwell?



LUNG CLEARANCE VIDEO

Watch for a demonstration of ACBT and the huff technique:

- <https://www.youtube.com/watch?v=XvorhwGZGm8>

Here you will find information and resources for whānau Māori to reduce the risk of COVID19 for you and your whanau.

<https://www.uruta.maori.nz/for-whanau>



Check us out on FACEBOOK! Remember past and previous Better Breathing members can join the Better Breathing group at [Facebook.com/groups/betterbreathing](https://www.facebook.com/groups/betterbreathing). Last week we added a video around an easy warm up you can do at home. Keep your eyes peeled for more videos this week! We are also still on the lookout for anyone who has any creative, interesting or fun ideas on how to improve the group! Get in contact with us if that sounds like you.

PLEASE CONTACT THE BETTER BREATHING TEAM IF YOU WOULD LIKE ANY FURTHER INFORMATION ON ANY OF THE SPUTUM CLEARANCE TECHNIQUES LISTED. KIA KAHA.
PH: 0800 8273 2843 (CALL ONLY) OR 021 622 187 (CALL AND TEXT)