

Airway Clearance Treatment (ACT)

Follow these step-by-step instructions in order to provide breathing treatments and airway clearance for your child.

Order of Treatments:	Examples:	Notes:
<p><u>Step 1:</u></p> <p>Use a bronchodilator (if ordered) while doing airway clearance.</p>	<p>Albuterol, Proventil, Ventolin, Xopenex, Levalbuterol, Atrovent, Ipratropium</p>	<p>Bronchodilators are fast acting (3 to 5 minutes) and work by relaxing muscles in the airways and increasing air flow to the lungs.</p>
<p><u>Step 2:</u></p> <p>Use a hydrator while doing airway clearance (if ordered).</p> <ul style="list-style-type: none"> It is a solution used to help thin out thick secretions 	<p>Hypertonic Saline 3% Hypertonic Saline 7%</p>	<p>Hydrators help your child to cough and to clear secretions. This helps:</p> <ul style="list-style-type: none"> Add moisture to your child's airways Thin the secretions which makes it easier for your child to cough up their secretions. <p>Do not use this solution if your child is having:</p> <ul style="list-style-type: none"> Chest tightness sore throat more coughin than usual, coughing up blood
<p><u>Step 3:</u></p> <p>Do airway clearance DURING or AFTER the bronchodilator and/or the hydrator therapies.</p>	<p>Airway clearance are therapies used to help your child clear the mucus from their lungs. Some examples include:</p> <ul style="list-style-type: none"> chest physiotherapy (CPT) high frequency chest wall oscillation (The Vest) cough assist device suctioning Positive Expiratory Pressure (PEP) therapy Metaneb 	<p>While doing airway clearance techniques, allow your child to finish coughing and clearing their airway before starting the inhaled corticosteroid. This will allow time for the steroid to remain in the lungs for full absorption.</p>

Step 4: Use inhaled corticosteroid (if ordered) once airway clearance is done.	Budesonide, Pulmicort, Fluticasone, Flovent, Symbicort, Qvar, Asthmanex	Inhaled corticosteroid is long acting and works to reduce inflammation in the lungs. <ul style="list-style-type: none">• Rinse mouth after using it.• Please decrease suctioning for the next 30 minutes as much as possible. This will allow the medicine to be absorbed in the lungs.
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Important:

- Increase bronchodilator and airway clearance treatments up to 3-4 times daily if patient is sick with an increased cough or congestion.
- Do chest physiotherapy (CPT) for at least 10 to 20 minutes as tolerated.
- Suction in between or after ACT (airway clearance) but finish before giving inhaled corticosteroid.

Inpatient Treatments as opposed to treatments given at home:

When your child is admitted to the hospital you are under a different plan of care than when you are at home. The treatments in this setting are given in a way that works better in the hospital and saves time. However, when at home, please follow the preferred order of treatments per the Children’s Hospital Pulmonary Clinic physicians.

This is your plan: