Delanie Duran
11/28/2023
Tuesday Lab

Laboratory 14-D (Incentive Inspiratory Devices)

Purpose: The purpose of this lab session, Procedure 14-D, is to explore and assess the functionality of incentive inspiratory devices commonly used in clinical settings for respiratory rehabilitation. These devices play a crucial role in strengthening respiratory muscles, particularly in patients recovering from open-heart surgery or those facing prolonged bedridden conditions.

Procedure: After setting up the device, select an incentive inspiratory device for each participant. Attach the disposable cardboard mouthpiece and a white (or blue) filter to the breathing tube. Ensure a reasonable seal using your hand. Instruct participants to sit comfortably and relax before using the incentive inspiratory device. Provide a demonstration of proper device usage, emphasizing deep inhalation. Explain the specific measurement method based on the device model (e.g., moving colored balls, adjusting bellows). With each participant's measurement, one at a time, should use the incentive inspiratory device. Instruct participants to inhale as deeply as possible using the device. Record the measurement indicated by the device. Ensure accurate recording. Record the obtained values on the provided recording sheets. Emphasize the importance of precise documentation for subsequent analysis. After post-use, instruct participants to discard the disposable cardboard mouthpiece properly. Collect used filters and place them in the designated tub for proper disposal. Repeat the procedure for all participants, ensuring each has the opportunity to use the incentive inspiratory device.

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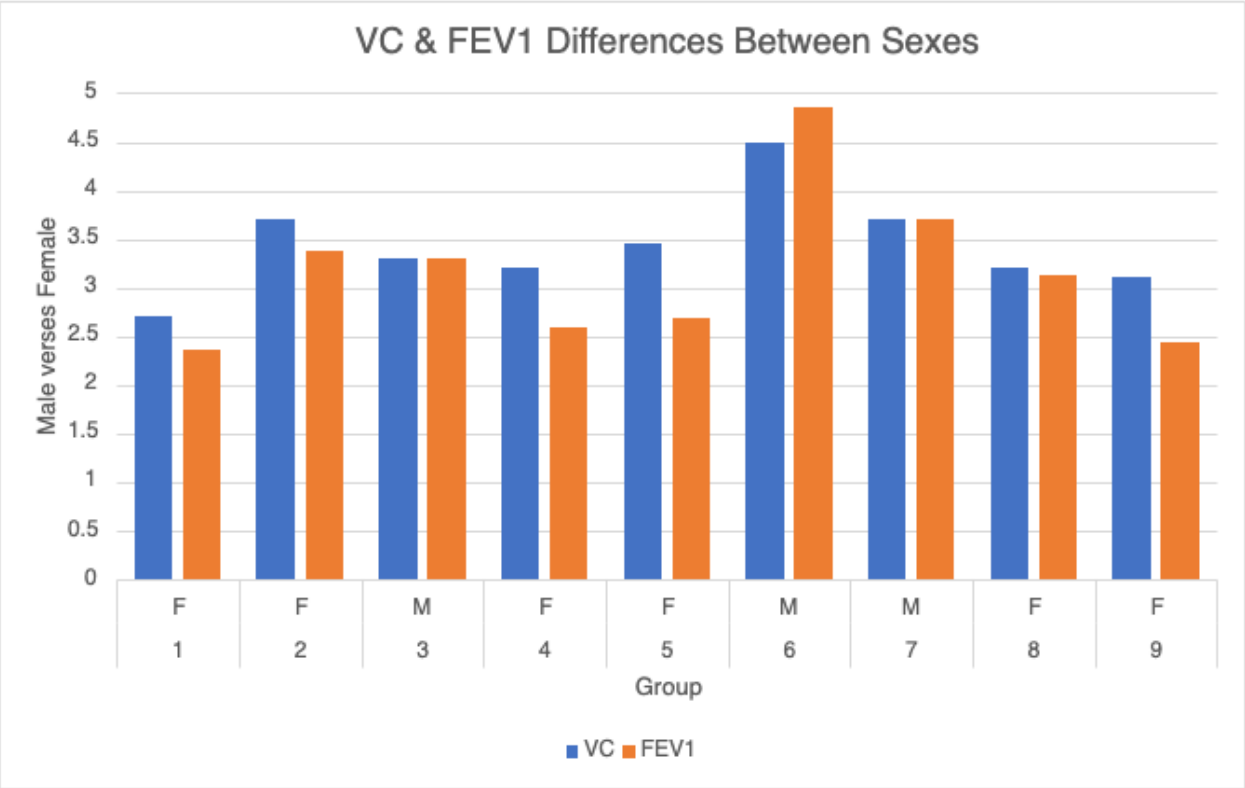
Results:



Discussion: Incentive inspiratory devices play a crucial role in respiratory rehabilitation, especially for individuals recovering from open-heart surgery or facing extended bedridden periods. The active engagement of respiratory muscles through deep breathing helps prevent complications like pneumonia. The measured inspiratory capability serves as a tangible indicator of progress in rehabilitation efforts. My grandma had triple bypass surgery a couple years ago, and she had to use one of these devices to make sure her respiratory system was still working properly and prevent any further diseases. I remember her having a very difficult time using this soon after her surgery, but improved the more she healed.

Conclusion: The exploration of incentive inspiratory devices underscored their significance in respiratory rehabilitation. The combination of quantitative measurements, clinical adaptability, and psychological motivation positions these devices as valuable tools in enhancing patient outcomes. The session provided participants with a hands-on understanding of the role these devices play in strengthening respiratory muscles and promoting overall respiratory health.