

# **Baptist** **Hospitals of Southeast Texas**

*Performing Sacred Work Every Day*

## **Airway Clearance Therapy with the new iPEP from D R Burton Healthcare**

The objective of effective Airway Clearance is to maximize the patient's own anatomy and physiology as non-invasively as possible. That can be a big order, but with the correct clearance device, it can be easily achieved.

The ability to coach the patient into taking a slow deep breath to maximize lung volumes while watching the incentive spirometer on the iPEP is a real value as it allows the clinician to coach the patient into achieving larger lung volumes than tidal volume breaths. At maximal inflation, you can instruct the patient to "blast" the breath out through the mouth piece that is attached to the oscillator contained in the iPEP device, and the vibratory effect breaks the mucus up and allows for it to be easily forced out of the small airways into the large conducting airways, then out through the mouth.

This mucus removal is facilitated over several sequenced breaths. Secretion removal allows for better gas exchange, increasing oxygenation and carbon dioxide removal. Increased alveolar surface area and larger lung volumes can be achieved by inflating atelectatic areas of the lung.

Having the incentive spirometer and oscillator in one simple-to-use device makes this therapy ideal for the inpatient and for the patient to take home once discharged to continue this therapy at home.

The iPEP can be used in a wide variety of patient populations throughout the hospital for treating simple pneumonia, cystic fibrosis, atelectasis and COPD for secretion removals. In addition to the very attractive cost savings it provides, it will also improve labor efficiency, and perhaps most importantly, be an effective tool to help shorten length of stays and reduce hospital readmissions.

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