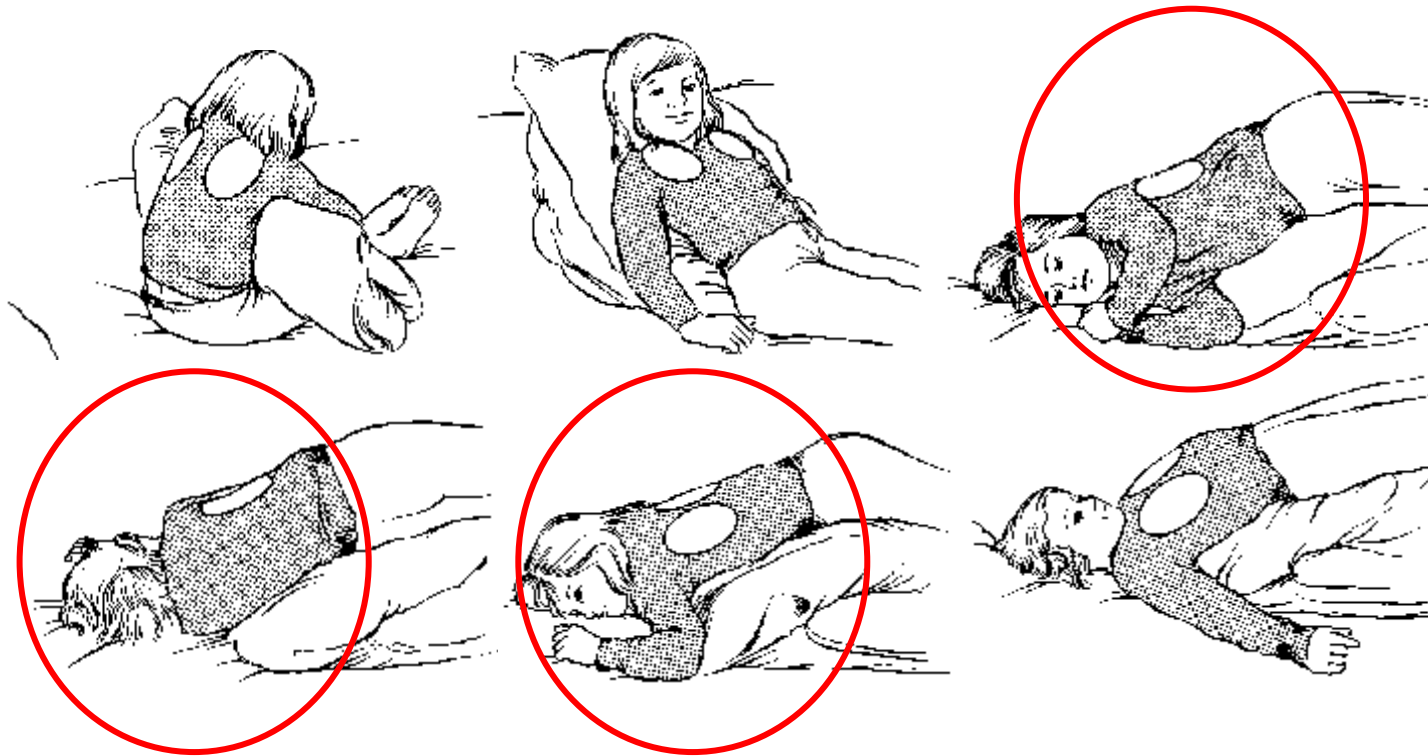


CPT REVIEW

1) Postural drainage pertains to placing the body in a position which allows the mucus to drain from the smaller airways into the main airway with gravity. Two positions are in an upright sitting position and four positions are with the head tilted below the lungs. To obtain the head-down positions, the use of a pillow, a bean bag chair, or couch cushions work well.

2) Percussion and vibration help loosen and mobilize secretions. Percussion is a repetitive tapping on the designated position and can be done with palm cups (of varying sizes), by hand, or with a manual percussor. If you choose to use your hands, the palm of your hand should be cupped to provide a pocket of air that cushions the percussion. Manual percussors have padding and velcro to allow self use. Vibration is done at the end of the position. After a big breath in, vibrate when the air is slowly blown out, for three big breaths.



Each position requires proper placement for percussion and should be done for 3-5 minutes. Nothing should be placed in the mouth (pacifiers, food, etc.) while doing CPT. A strong cough is encouraged after each position to remove the mucus. It is recommended that CPT be done before meals and bedtime. Your doctor will determine how often CPT is needed. Airway clearance is a very important part of the daily cares in CF, and we recommend this a minimum of once a day for **all** patients (even those without a cough).

Permission to print granted from: Norma Kennedy Plourde, LacBaker, Nouveau Brunswick, Canada

www3.nbnet.nb.ca/normap