

## Patient information

### **Acapella® Information**

#### Therapies Department - Aintree Hospital

This leaflet explains about the Acapella® device and what to expect when you use an Acapella® device.



The Acapella® is a device used as part of a treatment to help people who have difficulty clearing phlegm (sputum) from their lungs.

The equipment consists of a mouthpiece, cover, rocker assembly / platform base (counterweighted plug and magnet) and the base unit including the adjustment dial.

#### **How does the Acapella® work?**

When you breathe out through the Acapella®, air flows through a counter- weighted plug. This will help keep your airways wide open, to get air behind the phlegm to help move it upwards.

The magnet directs the air through a pivoting cone generating vibrations that are transmitted to the chest wall to help loosen sputum from the sides of your airways

#### **Using the Acapella®**

Your physiotherapist will show you how to use the Acapella®. This guide is a reminder for you.

1. Treatment can be carried out in sitting or any postural drainage position (as advised by your physiotherapist).
2. Relax your stomach muscles and take a few normal breaths before using the Acapella®.
3. Close your lips around the mouthpiece of the Acapella®, making sure there is a good seal.
4. Take a slightly bigger breath in through your nose and then blow out through the Acapella®. You may feel vibrations on your chest wall.

5. Repeat eight to ten times.
6. Following this you should put the Acapella® down and do huffing and coughing to clear any sputum. You should then have a period of relaxed breathing before continuing.

This cycle should continue for 10-20 minutes or until you have cleared all your sputum. The pressure and flow can be made harder or easier by changing the position of the frequency adjustment dial. By rotating the dial clockwise through numbers one to five the resistance gets harder.

### **Risks of using the Acapella®**

As with all airway clearance devices it is very important that equipment is kept clean to prevent infection.

There have been no reported problems with the use of the Acapella® or any other airway clearance techniques.

However, if you are worried about your chest, especially if you become short of breath, have chest pain or are coughing up blood, it is important that you seek medical attention without delay.

### **Cleaning the Acapella®**

It is recommended that the Acapella® is cleaned after each use and disassembled into its parts.

1. Detach the mouthpiece and then the cover by placing your forefinger and thumb on the three lines allocated toward the mouthpiece and gently pressing and lifting up.
2. Gently detach the rocker assembly from the platform base.

Wash the Acapella® in warm soapy water and then rinse thoroughly with clean water and allow parts to air dry.

### **Sterilising**

You should sterilise the Acapella® at least once a week using a steam steriliser or putting it in a clean bowl of boiling water. Do not use a microwave steriliser.

### **Storing**

Do not store the Acapella® on a windowsill or in direct sunlight. When it is dry, you should either wrap it in a lint-free cloth, place it in the bag provided or put it in a clean plastic container with a lid and keep it in a dust-free environment.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

If you have any questions please contact

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