

Clearway and Clearway 2 Cough Assistor for Home Use



Liverpool University Hospitals NHS Foundation Trust

Liverpool Ventilation Service

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

What is a Cough Assistor?

A mechanical **cough assistor** is a machine which can help you clear secretions or phlegm from your lungs.

The aim of the treatment is to help you breathe in and out deeply and quickly. This can help when your own cough is not strong enough.

The cough assistor is usually given by a mask over your mouth and nose.

It helps you take a big breath in then helps you breathe out quickly; you would feel a gentle sucking sensation.

What is it used for?

There are many different reasons why a cough assistor may be needed including:

- muscle problems that make breathing and coughing difficult.
- bone problems that make the chest small and coughing difficult.

What are the benefits of using a cough assistor?

- It may help you clear mucus from your chest and may help prevent chest infections.
- It can be used alongside other treatments to prevent breathlessness when you are lying down and shallow breathing that leads to a strain on your heart and daytime sleepiness.

If you are unsure about the reason why you have been given the machine please ask your physiotherapist or doctor.

Will I be seen by a Doctor, Nurse or Physiotherapist?

The decision to provide a machine is taken by the team as a whole, however the machine will be provided by a physiotherapist, either during a clinic appointment, a home visit or whilst you are an inpatient.

During this time you will have a full explanation about the machine and its set up. You and/or any carers or family will be shown how to use and maintain the machine. You will also be given a list of contact numbers should you have any queries.

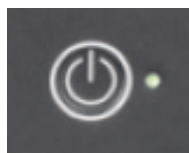
What do I need to do before I use it?

Important: You must CHECK the machine settings each time before starting treatment.

- The cough assistor machine you have been given operates from the mains i.e. it must be plugged in when in use. If necessary a battery can be provided to allow use when away from mains electricity.
- To turn the machine on, press the switch on the front of the machine.



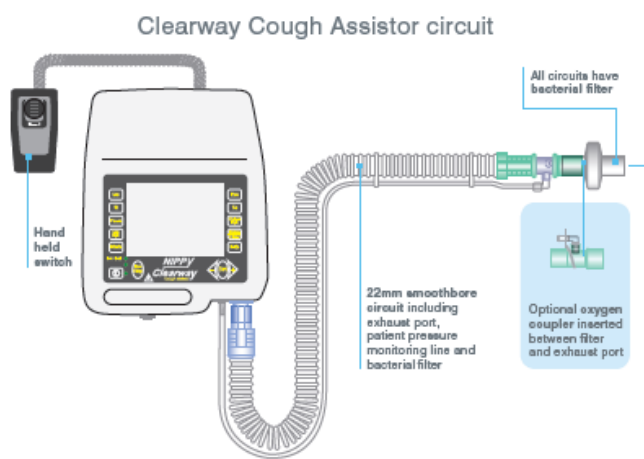
or



The settings are displayed on the screen when switched on.

Circuit set up

The circuit for each machine is slightly different. If you are using the Clearway 1 please set up the circuit as below the mask will attach to the far end after the filter.



If using the clearway 2 the circuit is below, the mask will attach to the far end after the filter.



CHECK that the filter, tubing and mask are attached to the cough assist and that there are no holes/splits in the tubing.

What if I am concerned about the safety checks?

If there are any concerns about the checks you have performed **DO NOT USE THE MACHINE** contact the team that provided the machine for further advice or the service engineers.

Are there any risks of using a Cough assistor?

It is important to check the pressures before starting treatment to ensure the settings match the prescription you have. Use of high pressures could potentially cause a pneumothorax (hole in the lungs). You will have been carefully assessed and settings decided on your clinical need. We will carefully choose settings to minimise any risk of harm to you. If you experience any sudden sharp pain which does not go away, stop using the device and contact your GP or visit accident and emergency if you feel you are seriously unwell.

You may experience bloating in your tummy from air being pushed into it, or you may feel a stretching feeling of your ribs and muscles due to you getting a large breath. These feelings are nothing to worry about but talk to your physiotherapist if you are concerned.

When is a cough assistor used?

You will be advised by your physiotherapist about how to use the machine. You may be advised to use the device when you are struggling to clear mucus or regularly throughout the day.

How do I use a cough assistor?

Your physiotherapist will write in this leaflet the recommended settings and use of this device. Please refer to the instruction manual provided with your clearway for detailed operating instructions. To use this device hold the facemask tightly over your mouth/nose or attach tracheostomy connector to your tracheostomy.

Press the start button to begin treatment.



Use the device as directed by your physiotherapist.

Rest between cycles as you may feel tired or slightly light headed. Repeat cycles of treatment as directed by your physiotherapist. Always finish treatment with a breath in on the device.



Equipment and Machine settings

Model:

Serial no.

Machine settings:

Date	
Mode	
Insufflation pressure	
Exsufflation pressure	
Ti	
Te	
Pause	
Cycle repeat	
Inspiratory repeat	
Vibrations	
Recommended usage –	
Number of cycles/treatment and number of treatments/day. (each cycle consists of 4-6 inhalation/exhalations)	

Can I use oxygen with the machine?

YES: Your physiotherapist can supply you with the necessary connector for you to attach oxygen. Please ensure after use the oxygen is disconnected immediately.

How do I look after my equipment?

Cough Assistor:

It is important that your machine is placed on a firm, flat surface, e.g. a table. It should be kept clean and dust-free.

Switch device off after use.

Masks:

A standard mask is provided that should fit tightly over your mouth and nose. If your arms are weak you may need help to hold the mask in place as you use the machine. It is possible to use the machine by mouthpiece or tracheostomy tube, this will be discussed with you by your physiotherapist.

It is important to take care of your mask, mouth piece or tracheostomy connector. It is best to wash your mask/ mouth piece after every use in warm soapy water. Replace the tracheostomy connector daily.

— Patient interfaces



Disposable full face mask



Flexible Catheter Mount



Disposable Mouthpiece



Disposable nasal clip

Filters:

The filters provided need changing if they become visibly soiled or contain trapped moisture. We would recommend the round filter attached to the tubing is changed weekly and the filter at the back of the machine is checked weekly.

Tubing:

The tubing should be washed in warm soapy water every 2-3 days. If mucus is coughed into the tube please wash after use. Please ensure that the tubing is dry prior to reconnecting to the cough assistor. Check the circuit at each use and replace if damaged.

Machine Maintenance and Repair

If your machine breaks down or has a fault please contact an Engineer at Deva Medical on:

24hr emergency number 0772 088 3276
Office hours 0151 529 3808

Your cough assistor should be serviced yearly by Deva Medical. They will contact you when the service is due to arrange a convenient time to visit your home and carry out the service.

Please tell us if there are any problems with the machine or if it alarms with a fault.

If you have any queries regarding the service of your machine, contact the NIV Co-ordinator, on the number shown below.

Replacement Equipment

If you require any replacement equipment e.g. tubing, masks, filters etc. please phone the Physiotherapists or NIV Co-ordinator on the numbers shown below.

We will post replacement equipment out to you, or you can arrange a convenient time to collect any equipment required.

Contact numbers:

For any queries or require advice regarding the use of your machine or the equipment you have been given, please contact the department on the numbers below:

Ventilation Team Physiotherapists

Telephone switchboard: 0151 525 5980
Ask for BLEEP 3334

NIV Co-ordinator

Tel: 0151 529 3504

Available: Mon – Fri, 9 am - 2 pm.

Feeling Unwell?

If you are feeling unwell and need medical advice please contact your own G.P. who will be able to assess and advise you.

If you are taken acutely unwell and require admission to your local hospital please take your cough assistor and this booklet with you.

Travelling abroad with your cough assistor

Most machines can be used abroad if using a plug adaptor.

You must ensure that your machine is taken as hand luggage. The ventilation team can provide you with a letter to allow this.

Tel 0151 529 8944

If you are unsure about travelling please contact the physiotherapists for advice.

Are there any alternatives?

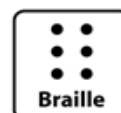
Your physiotherapist may be able to teach you exercises, positions or supported cough techniques which may help you to clear mucus.

There is also a simple device called a breath stacker which may help people with weak coughs to clear mucus.

Please ask your physiotherapist if you require any more information about these alternatives.

Useful Resources

www.educationbybreas.com



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk