

Physiotherapy

How to use your Acapella

Information leaflet for young people

This leaflet is about using your Acapella. Your daily programme will be recorded in this leaflet when you first receive your Acapella. If your programme is changed by your Physiotherapist, please update this record.

Please bring your Acapella with you to all your clinic appointments

Why do I need to do chest physiotherapy?

Chest physiotherapy helps to keep your lungs healthy by clearing secretions (mucus/phlegm).

Why have I been given an Acapella?

It is important that as you grow up you become more independent in your daily treatment. The Acapella lets you carry out chest physiotherapy by yourself. The Acapella is at least as effective at clearing secretions as percussion (patting) and positioning, which you might have been doing before.

How does my Acapella work?

As you breathe out, your Acapella:

- Keeps your airways open
- Produces vibrations in your lungs, which help to loosen secretions and make them less sticky

Both of these actions will help you to clear secretions

What else can I do to keep my lungs healthy?

Exercise is also really good at helping you clear secretions from your lungs. The best types of exercise are those that make you slightly out of breath.

Try and exercise **at least 3 times a week for at least 20 minutes.**



How do I use my Acapella? (Your daily programme)

- Make sure you keep your back straight. The best position is to be sitting leaning forward with your elbows on the table.
- **Breathe in slowly** (ideally through your nose)
- **Hold your breath** for a count of 3
- **Breathe out slowly through the Acapella**
- Make sure you feel the vibrations in your chest, not in your throat or mouth.
- Keep a good seal around your lips and try not to blow your cheeks out
- Repeat this forbreaths
- Dogood huffs and a cough if necessary
- Repeat thistimes
- You should use your Acapellatimes a day

NB: Please update the above information if your programme is changed

How do I look after my Acapella?

You should clean your Acapella after each use:

- Wipe the mouth piece
- Take the Acapella apart by removing the mouthpiece, lifting the cover and removing the rocker
- Soak all parts in warm soapy water
- Rinse and place to dry before storing it in a clean dry container

Your Acapella can also be cleaned by boiling it in a pan of water for a few minutes, in the top of a dishwasher, in a steam steriliser, or sterilising solution. It is important to ensure it dries completely before putting it back together or using it.

Your Acapella should not be put in a microwave!

Store your Acapella in a clean dry plastic box.

Who can I speak to if I am worried or have any questions?

We hope that this information will help you to understand all about using your Acapella. We have tried to make it as clear as possible but some medical information can be difficult to understand. If you would like more information and help, please talk to your Physiotherapist.

**Your Physiotherapist is Jo Fairbank
Telephone: 024 7696 4000 and ask for bleep 2673**

Patient Information

Further support:

Cystic Fibrosis: Support group for people with Cystic Fibrosis

CF Trust Website: www.cysticfibrosis.org.uk/

Helpline: 08458 591000

PCD Support Group

Website: www.pcdsupport.org.uk/

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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Patient Information