

Therapies

How to use your Acapella®

What is the Acapella®?

The Acapella® is a device used for chest physiotherapy. It helps keep your lungs healthy by clearing mucus and phlegm.

How does my Acapella® work?

The device causes vibration and resistance to the airflow which is then transmitted to your lungs.

When you take a breath out with the Acapella®, it will be slightly more difficult, on purpose, to create a **resistance** we call positive expiratory pressure (PEP). This and the **vibration** the Acapella® makes as you breathe out, helps deliver the air you breathe to go around the mucus and phlegm. This encourages it to move and be less sticky, so you can cough and clear it out of your lungs.

Why have I been given an Acapella®?

The Acapella® allows you to be able to do chest Physiotherapy by yourself. Percussion and positioning are other types of chest Physiotherapy that have similar results but need someone else to help you do it.

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

- Get comfortable: treatment can be carried out while sitting or lying down.
- Take your inhalers or nebulisers that you have been prescribed to prepare your airways before clearing your airway with the Acapella
- Put the mouthpiece of your device between your teeth and close your lips



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around it, making sure there is a good seal.

- **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 Acapella®times a day
- Take any inhalers or nebulisers after your airway clearance (as prescribed).

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

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 look after my Acapella®?

Store your Acapella® in a clean dry plastic box.

It is recommended that the Acapella® device is cleaned after each use and disassembled into its part:

- There are 4 parts to clean: the mouthpiece, the body, the cover and the rocker (do not disassemble the rocker arm from its platform base)
- Wash your hands first
- Take the Acapella® apart by removing the mouthpiece, lifting the cover and removing the rocker
- Wash all the parts in warm soapy water

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- Rinse thoroughly with clean water, allowing the parts to air 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 make sure it dries completely before putting it back together or using it.

Do not:

- put your Acapella® in the microwave
- Use your Acapella® if it looks broken
- Use your Acapella® if you have chest pain, are breathless or notice blood in your sputum.

If you're not sure about any of these, speak with your physiotherapist before carrying out the treatment. Your physiotherapist will review your technique with the Acapella® at regular intervals.

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.

Please bring your Acapella® with you to all your clinic appointments or any hospital admission.

Your Physiotherapists are: Jo Fairbank
Sarah Mascolo

Telephone: 024 7696 4000 and ask for bleep 2673

Further support:

Cystic Fibrosis: Support group for people with Cystic Fibrosis

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

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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.

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