

Vest Therapy

for Cystic Fibrosis / bronchiectasis

What is vest therapy?

Vest therapy is a way to get rid of secretions in the lungs. It uses an air pulse generator and an inflatable vest that wraps around the chest to help loosen mucus so it can be coughed out. For effective therapy sessions, you need to do strong coughs or huff/cough exercises during and after treatments.

How do I use the vest?

Put the vest on over a thin layer of clothing. Adjust the front closures so the vest fits loosely. Move the shoulder straps so that the vest covers as much of the upper chest as possible (but without digging into the armpits). Make sure the bottom of the vest rests just above the hip bones, or to the top of the thigh when sitting up.

Connect the tubing from the air pulse generator to the vest. Press the ON button to inflate. Adjust the pressure setting and set the first frequency. Then turn on the main power switch. Activate the Vest system by pressing the ON button or depressing the hand/foot control on the air pulse generator. Breathe normally during the frequency setting, **taking a deep breath once per minute.**

Important: Each therapy session is 30 minutes using 6 frequency settings for 5 minutes in each frequency. After each frequency setting:

1. Pause vest
2. Deflate vest
3. Do 3 vigorous cough/huff exercises.

The cough exercises are **very important** for clearing the mucus.

Suggested frequencies are as follows: 8, 9, 10 at a pressure of 10; and 18, 19, 20, at a pressure of 6-8.

If these frequencies cannot be tolerated, start with frequencies of 8, 9, 10, 11, 12, 13.

Adjust the pressure setting to the highest setting that is comfortable, attempt to reach a pressure setting of at least 6.

Frequency settings: ____ ____ ____ ____ ____ ____

Pressure setting: _____

Vest size: _____, **Full Vest**

What else do I need to know?

Use your nebulizer with the Vest on to help make sure there is enough moisture and movement in the airway. After any nebulized medication, continue nebulizer therapy with normal saline. Give medications in this order:

1. bronchodilators
2. mucolytics
3. antibiotics

How do I clean the Vest?

Follow the manufacturer's recommendations for cleaning the air pulse generator and Vest.

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call your clinic. For more information, you may contact:

- **Hill-Rom Customer Service,**
1-800-426-4224

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