

## What breathing treatments do you every day?

Find the treatments you do every day and answer the questions. You can draw an "X" through any medications or therapies that you do not do. If you aren't sure, ask your parents or care team. You can also find out more about each treatment on the back of this worksheet.

Name: \_\_\_\_\_

Physician: \_\_\_\_\_

Date: \_\_\_\_\_



Child

### RESPIRATORY TREATMENTS

#### Bronchodilators



#### Hypertonic Saline



#### Mucus Thinners (Mucolytics)



#### Inhaled Antibiotics



#### Inhaled Corticosteroids



Treatment name

How many times a day

How many puffs  
or dose

How I feel about it

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ puffs

\_\_\_\_\_ dose



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ dose



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ dose



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ dose



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ puffs

\_\_\_\_\_ dose



### AIRWAY CLEARANCE THERAPIES

#### Positive Expiratory Pressure (PEP)



#### Oscillating Positive Expiratory Pressure (OPEP)



#### Percussion (Hand Therapy) & Huff Coughing



#### Vest Therapy



#### Exercise



Treatment name

How many times a day

How long each time

How I feel about it

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ minutes



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ minutes



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ minutes



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ minutes

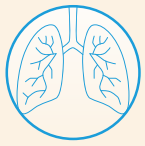


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ hours  
\_\_\_\_\_ minutes





# IMPACT™

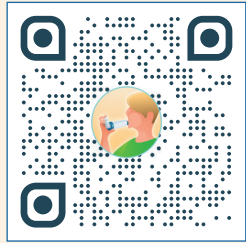
Individual Management of  
Patient Airway Clearance Therapy



Child

## Learn more about breathing treatments

Not sure which treatments do what? Read the descriptions below to learn more. You can also scan the QR codes to watch videos of how they are done.

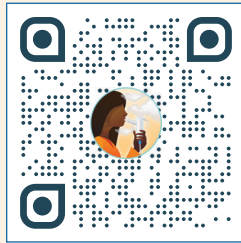


### Bronchodilators

#### What they do:

Bronchodilators open up the airways. This helps air flow better. Once airways are open, your other treatments get into your lungs better.

Albuterol (Proventil®, ProAir®, Ventolin®), Levalbuterol (Xopenex®)

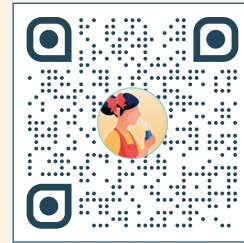


### Hypertonic Saline

#### What It Does:

Hypertonic saline adds moisture to the airways. This makes it easier to clear mucus.

HyperSal®, Pulmosal®, Sodium Chloride

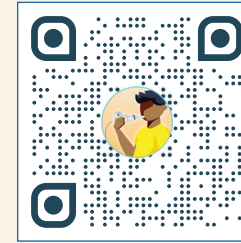


### Mucus Thinners (Mucolytics)

#### What they do:

Mucus thinners make mucus less thick and sticky. This makes it easier to cough out.

Mucomyst®, Pulmozyme®, Bronchitol®

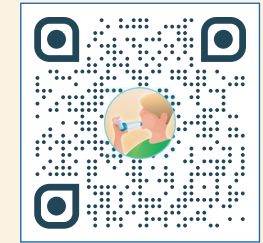


### Inhaled Antibiotics

#### What they do:

Inhaled antibiotics help to kill bacteria (or germs) in the lungs that can make you sick.

Cayston®, TOBI®, TOBI Podhaler®, Bethkis®, Colistin®



### Inhaled Corticosteroids

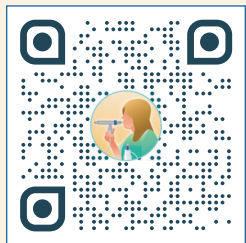
#### What they do:

If you have asthma, inhaled corticosteroids help reduce swelling when your airways are inflamed.

Flovent®, Pulmicort®, QVAR®

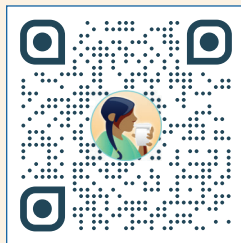
## Airway Clearance Therapies

**What they do:** Airway Clearance Therapies (ACTs) help you move mucus up and out of your lungs. This is important because bacteria (germs) like to live in the sticky mucus. Once you have opened your airways and loosened the mucus, it's time to get that mucus up and out of your lungs! These are just a few examples of common ACTs. Ask your care team about ACTs, or learn more at [www.IMPACT-CF.com](http://www.IMPACT-CF.com)



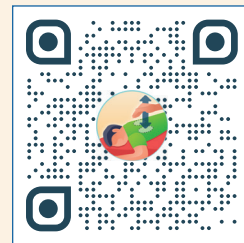
### Positive Expiratory Pressure (PEP)

Resistex PEP Mask, TheraPEP®

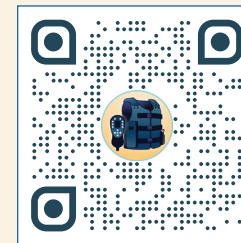


### Oscillating Positive Expiratory Pressure (OPEP)

Acapella Choice®, Aerobika®, Flutter®, Lung Flute®, RC-Cornet®

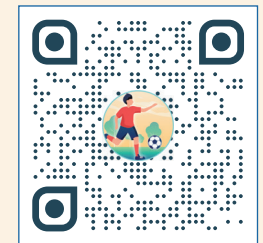


### Percussion (Hand Therapy) & Huff Coughing



### Vest Therapy

AffloVest®, Monarch®, The Vest®, InCourage®, SmartVest®



### Exercise

The IMPACT Program was created in partnership with the IMPACT Advisory Team with sponsorship from the AffloVest® team, now manufactured by Tactile Medical. The IMPACT Advisory Team is a group of qualified physicians and allied professionals engaged in airway clearance research and development in coordination with and sponsorship from the AffloVest team. This information is intended for audiences in the United States only. All trademarks referenced herein are the property of their respective owners.

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