



There are no right or wrong answers to this assessment.  
Please answer as truthfully as possible so we can work together  
to find the best airway clearance treatment(s) for your lifestyle.

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

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

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



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1 Which treatment methods are you currently using?		Treatment name	# minutes, # puffs or dose?	Times a day?	Days a week?	
Bronchodilators		Albuterol (Proventil®, ProAir®, Ventolin®)   Levalbuterol (Xopenex®)	_____ dose _____ puffs	_____	_____	
Hypertonic Saline		HyperSal®   Pulmosal®   Sodium Chloride 3%   3.5%   7%	_____ dose	_____	_____	
Mucolytics (Mucus Thinners)		Mucomyst®   Bronchitol®   Pulmozyme®	_____ dose	_____	_____	
<b>Airway Clearance Therapies:</b>						
• Positive Expiratory Pressure (PEP)	Resistex PEP Mask   TheraPEP®		_____ min	_____	_____	
• Oscillating Positive Expiratory Pressure (OPEP)	Acapella Choice®   Aerobika®   Flutter®   Lung Flute®   RC-Cornet®		_____ min	_____	_____	
• Vest Therapy (Mobile)	AffloVest®   Monarch®		_____ min	_____	_____	
• Vest Therapy (Stationary)	The Vest®   InCourage®   SmartVest®		_____ min	_____	_____	
• Huff Coughing	_____		_____ min	_____	_____	
• Percussion and Postural Drainage	_____		_____ min	_____	_____	
• Active Cycle of Breathing Techniques (ACBT)	_____		_____ min	_____	_____	
• Autogenic Drainage	_____		_____ min	_____	_____	
• Intrapulmonary Percussive Ventilation (IPV)	_____		_____ min	_____	_____	
• Other:	_____		_____ min	_____	_____	
Exercise (please specify which type)			_____ min	_____	_____	
Inhaled Antibiotics		Cayston®   TOBI®   TOBI Podhaler®   Bethkis®   Colistin®	_____ dose	_____	_____	
		Cayston®   TOBI®   TOBI Podhaler®   Bethkis®   Colistin®	_____ dose	_____	_____	
Inhaled Corticosteroids		Flovent®   Pulmicort®   QVAR®	_____ dose _____ puffs	_____	_____	
2 How true are the following statements for you? Fill in the circle that most closely describes how you feel.			Not at all true	Somewhat true	True	Very true
I can explain the benefits of airway clearance			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident I know how to do my airway clearance correctly			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my current airway clearance routine			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know about all of the airway clearance options that are available to me			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do my airway clearance routine every day			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do my airway clearance routine when I am away from home			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the correct order in which to do my respiratory treatments, including airway clearance			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to clean/disinfect my airway clearance equipment			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable doing airway clearance in front of friends/family			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Which of these might get in the way of doing your current airway clearance therapy (ACT) and/or might prevent you from adding a new ACT? Check all that apply.			4 Add notes or thoughts not addressed.			
I don't think it helps	<input type="radio"/>	It's uncomfortable/hurts	<input type="radio"/>			
I don't think I need it	<input type="radio"/>	The equipment is difficult to set up	<input type="radio"/>			
I'm not producing sputum	<input type="radio"/>	I have issues with cleaning/disinfecting	<input type="radio"/>			
It takes too much time	<input type="radio"/>	I'm not sure about the settings	<input type="radio"/>			
It disrupts my daily life	<input type="radio"/>	I forget to do it	<input type="radio"/>			
It gets in the way of time with friends	<input type="radio"/>	It reminds me of my CF	<input type="radio"/>			
I would rather play sports/exercise	<input type="radio"/>	It's embarrassing	<input type="radio"/>			
It makes my cough worse	<input type="radio"/>	I don't want to do it when I'm away from home	<input type="radio"/>			



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## Airway Clearance Options

Scan the QR codes below with your mobile device to watch educational videos about each option. Or, go to: [www.IMPACT-CF.com](http://www.IMPACT-CF.com)



### Bronchodilators

Used to open your airways before doing other airway clearance treatments. May be taken through a metered dose inhaler (MDI) or a nebulizer. This is not a standalone therapy.

**Products:**

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

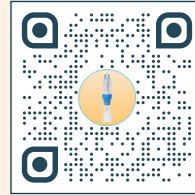


### Hypertonic Saline

Used to thin mucus, this sodium chloride (salt) solution is inhaled through a nebulizer. Available in different concentrations, most commonly 3% and 7%.

**Products:**

Pulmosal®, HyperSal®,  
Sodium Chloride

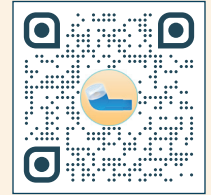


### Positive Expiratory Pressure (PEP)

Hand-held device that allows you to breathe in freely but creates resistance when you breathe out. This process helps to get air behind the mucus, detach it from lung walls, and promote movement up and out of the airways.

**Products:**

Resistex PEP Mask, TheraPEP®



### Oscillating Positive Expiratory Pressure (OPEP)

Hand-held device that allows you to breathe in freely but creates vibration and resistance when you breathe out. The vibration and resistance aid in moving mucus up and out of the airways.

**Products:**

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

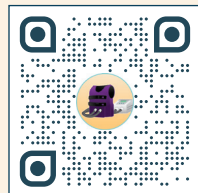


### High-Frequency Chest Wall Oscillation (Mobile)

Portable vest device that vibrates against the chest wall to loosen mucus so it can be coughed up more easily. Allows for free movement during treatment.

**Products (number of sizes):**

AffloVest® (7), Monarch® (1)

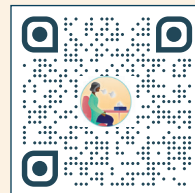


### High-Frequency Chest Wall Oscillation (Stationary)

Vest device that plugs into an electric outlet and uses an air compressor and hoses to help clear the airways.

**Products (number of sizes):**

The Vest® (8), InCourage® (23),  
SmartVest® (8)



### Huff Coughing

In addition to the airway clearance that you use, it is very important to "huff cough" and cough during and after the therapy.



### Percussion & Postural Drainage

Uses percussion (cupping) and gravity (postural drainage/positioning) along with other techniques, such as huff coughing, to loosen and drain mucus from the lungs.