

## **Bronchial Hygiene Education Plan**

### **Getting ready to learn about bronchial hygiene**

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff.

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand it's OK to ask us to explain.

### **What I need to learn about Respiratory Therapy**

By the time I leave the hospital I will be able to show or tell staff:

1. I will be able to tell the staff what bronchial hygiene is.
2. I will be able to tell staff why I need to use bronchial hygiene.

### **The staff will use three questions to teach me about bronchial hygiene:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned.

## **Bronchial Hygiene (breathing therapy treatments)**

### **What is my main problem?**

I am having trouble breathing. My airways are not open all the way. Breathing therapy treatments are used to help open up my lungs. I am feeling short of breath. I may have secretions or mucus in my lungs I need to get out. Breathing therapy treatments are given using a mouthpiece or mask. There are many types of bronchial hygiene therapy. My respiratory team will plan the best treatment for me.



### **What do I need to do?**

- Keep my lips sealed around the device or keep the mask on until the treatment is done.
- Breathe in and out actively during the treatment.
- Cough when I feel secretions or mucus in my lungs.
- Use my device as the respiratory therapist teaches me.
- Get out of bed to help my lungs get better. I will ask my nurse when I can get out of bed or walk in the hallway.

### **Why is this important to me?**

Breathing therapy treatments help open my lungs and help me cough out secretions or mucus. These breathing therapy treatments can help my lungs get better.