

Respiratory Therapy Education Plan

Getting ready to learn about Respiratory Therapy

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 oxygen and high flow oxygen is.
2. I will be able to tell staff how I will use oxygen.
3. I will be able to tell the staff what a nebulizer is.
4. I will be able to tell the staff how I will use my nebulizer.
5. I will be able to tell staff why I need to use a nebulizer.
6. I will be able to tell staff what breathing medicine I am using.
7. I will be able to tell staff why I need to take breathing medicine.
8. I will be able to tell the staff what bronchial hygiene is.
9. I will be able to tell staff why I need to use bronchial hygiene.

The staff will use three questions to teach me:

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

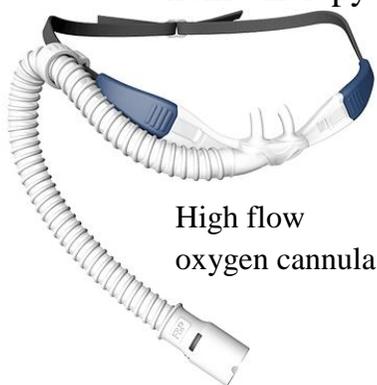
The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned.

Oxygen and High Flow Oxygen therapy (HFNC)

What is my main problem?

I have low oxygen levels in my body. I need more oxygen.

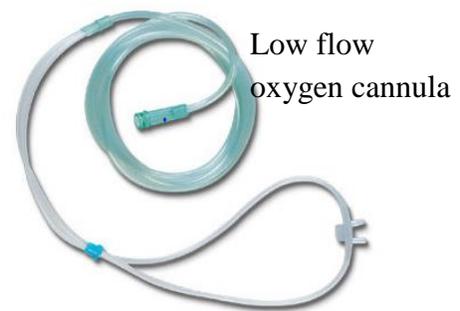
- When I am short of breath, oxygen may help me feel better. I need to wear an oxygen device because my oxygen levels in my blood are too low. I can get oxygen from a low flow nasal cannula or mask or high flow oxygen cannula.
- Oxygen therapy is a way to get higher amounts of oxygen into my blood.
- Low flow oxygen therapy works with my natural breathing.
- High flow oxygen therapy pushes extra oxygen to my lungs when low flow oxygen is not enough.
- High flow nasal cannulas (HFNC) must use more moisture with the oxygen so my lungs can work better. I should not use the HFNC with my low flow home therapy system.



High flow
oxygen cannula



Oxygen mask



Low flow
oxygen cannula

What do I need to do?

- I need to keep the oxygen device on and breathe normally through my nose.
- I will not take off my oxygen unless my nurse or respiratory therapist takes it off.
- I will tell the nurse or respiratory therapist if I am not feeling better after getting oxygen therapy.

Why is this important to me?

Wearing my oxygen may improve my oxygen levels, take away my shortness of breath and help me to breathe easier.

Nebulizer and breathing medicine

I am having trouble breathing. I may be wheezing, feel short of breath or have a tightness in my chest. The airways in my lungs are becoming small. A nebulizer is a device that allows me to breathe in medicine for my lungs. It is also called a breathing treatment. Medicine used in my nebulizer may help decrease wheezing and shortness of breath. Breathing treatments are given using a mouthpiece or mask. I need to breathe the medicine into my lungs. They may help my breathing.



What do I need to do?

- I need to make sure I breathe in the mist that has medicine in it.
- I need to take a deep breath and hold my breath a few times during the treatment.
- I need to breathe the mist until the medicine is almost gone from the nebulizer cup.
- Keep my lips sealed around the mouthpiece or keep the mask on until the treatment is done.
- I will tell the nurse or respiratory therapist if I am not feeling better after getting a breathing treatment.
- Make sure not to double dose my medicine.
- Make sure I do not run out of medicine at home.
- Talk to my doctor about the side effects of the medicine.
- Make sure the mist from the medicine does not get into my eyes.
- Rinse my mouth out as I am taught.
- Talk to my doctor if I don't think my medicine is helping.

Why is this important to me?

Medicine in my nebulizer will treat breathing problems, decrease wheezing, shortness of breath and chest tightness.

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.

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Are there any contraindications to this teaching?

Age and ability of the patient help to determine type of delivery device to use.

Cognitive ability to follow directions is essential for teach back.

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