

Complete CF Daily Schedule with patient/family.  
Enter CF treatment times and order of medication(s) into EMR.  
Don appropriate PPE's including eyeshield.

**Position patient upright.**

Percuss anterior upper lobes for 3 minutes to Left side and 3 minutes to Right side.

**Position patient upright.**

Percuss posterior upper lobes for 3 minutes to Left side and 3 minutes to Right side.

*Perform huff cough maneuver and PEP therapy (if ordered)*

**Position patient on Right side with knees slightly flexed in Trendelenburg.**  
Percuss the Left Lingula lobes for 5 minutes.

**Position patient on Left side with knees slightly flexed in Trendelenburg.**  
Percuss the Right middle and lower lobes for 5 minutes.

*Perform huff cough maneuver and PEP Therapy (if ordered).*

**Position patient supine in Trendelenburg.**  
Percuss the Right Anterior lobe for 3 minutes and Left anterior lobes for 3 minutes.

**Position patient prone in Trendelenburg.**  
Percuss the Right Posterior lobe for 3 minutes and Left Posterior lobes for 3 minutes.

*Perform huff cough maneuver and PEP therapy (if ordered).*

## Order of Medications

1. Bronchodilator-before percussion/vest therapy.
2. Hypertonic Saline-with percussion/vest therapy.
3. Mucolytic-with percussion/vest therapy.
4. Inhaled Antibiotics-after percussion/vest therapy.
5. Corticosteriod-after percussion/vest therapy.

\* Hypertonic Saline and Mucolytic treatments not to be given in same treatment session.

## To Perform A Series Of Huff Coughs

1. Position upright, shoulders back and relaxed.
2. Breathe slowly in through the nose, allowing the stomach to expand, and pause for a count of 3.
3. Open mouth and shape like a loose "O", exhale moderately slowly making a "h-a-a-h" sound.  
*(The mouth position is like when you were a kid making steam circles on cold windows or on the bathroom mirror.)*
4. You may feel or hear a rattle of mucus, but resist the urge to forcefully cough.
5. Repeat 3-4 times then cough.
6. Repeat a second and third cycle of Huff Coughs as in steps 2 and 3 until you are able to expectorate sputum with one to two easy forced coughs.
7. Repeat one or two more cycles until clear.
8. Perform huff coughs after each lobe area.

*Trendelenburg positioning to be used on patients greater than 1 years of age.*