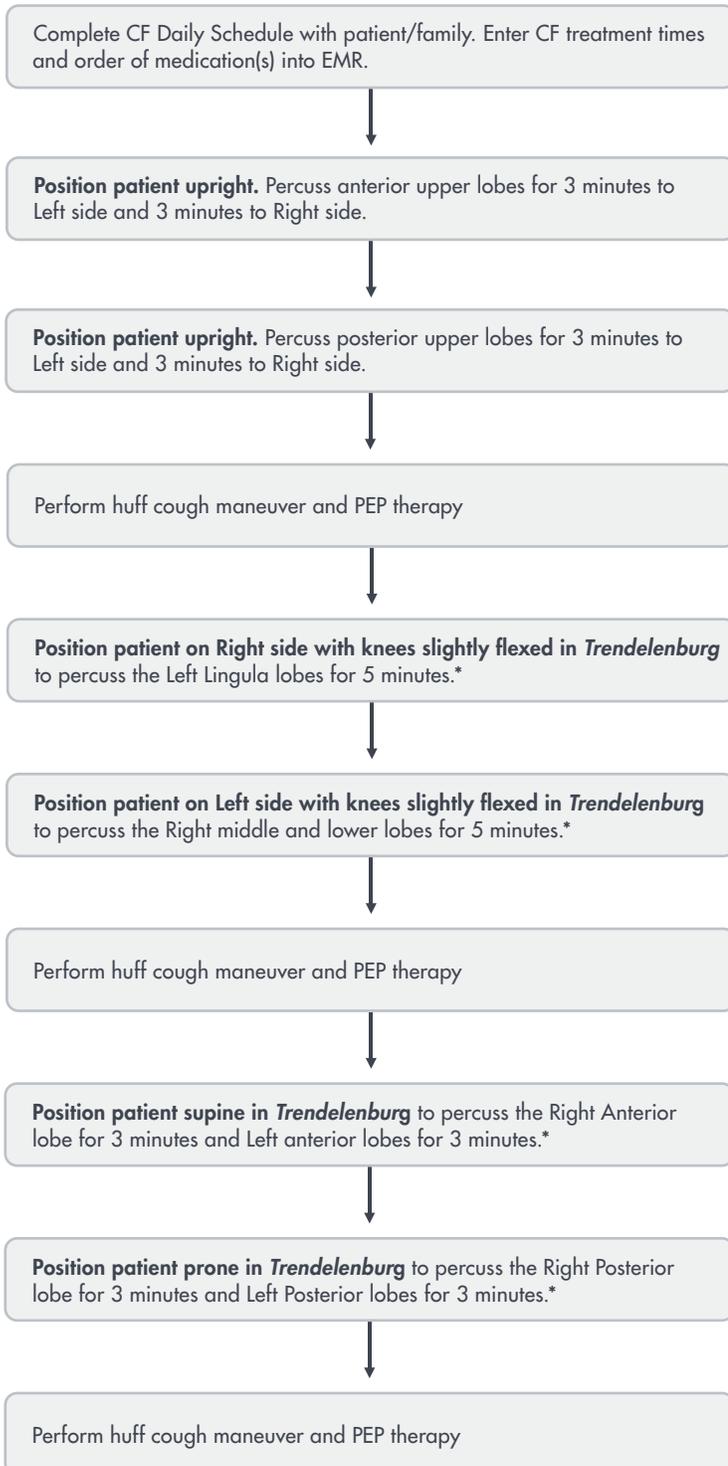


CYSTIC FIBROSIS



Order of Medications

1. Bronchodilator – with percussion/vest therapy.
2. Hypertonic Saline – with percussion/vest therapy.
3. Mucolytic – with percussion/vest therapy.
4. Inhaled Antibiotics – after percussion/vest therapy.
5. Corticosteroid – after percussion/vest therapy.
6. Rinse nebulizers after each use with sterile water and clean mask/mouth piece with alcohol wipe. Replace nebulizer every 24 hours.

Hypertonic Saline and Mucolytic treatments should not be given in the same treatment session.

*** Do not use Trendelenburg positioning on patients less than 1 year of age.**

To Perform A Series Of Huff Coughs

1. Position upright, shoulders back and relaxed and chin slightly up.
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-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 Huff Coughs and follow with one strong cough to clear mucous from the larger airway. Follow by brief period of relaxation.
6. Perform 2-3 Huff Cough cycles until mucous is cleared.

Disclaimer: Pathways/protocols are intended as a guide for practitioners and do not indicate an exclusive course of treatment nor serve as a standard of medical care. These pathways/protocols should be adapted by medical providers, when indicated, based on their professional judgement and taking into account individual patient and family circumstances. Updated 6/2020