

# Cystic Fibrosis our focus

## The Acapella® Choice

The Acapella® Choice is a handheld device, which supports airway clearance for children and adults.

With thanks to Tamara Orska, King's College Hospital, and Jayne Faulkner, Oxford University Hospitals NHS Foundation Trust, for preparing the information in this document.

<b>Patient name</b>			
<b>DOB</b>		<b>Hospital number</b>	
<b>Physiotherapy recommendations</b>			
<b>This leaflet was issued by:</b> (Physiotherapist name and contact details)		<b>This leaflet was issued on:</b>	

## How does the Acapella® work?

The device combines PEP (positive expiratory pressure) and vibration to help loosen sputum. When you breathe out through the device it causes the rocker to move in a seesaw motion around 15 times per second. This causes resistance, which keeps your airways open and allows air to get behind the sputum. It also causes vibrations, which are transmitted into the lungs and help to loosen the sputum so that it can be cleared more easily.

## How to carry out your Acapella® treatment:

- Get comfortable: treatment can be carried out while sitting or lying down.
- Take any inhalers or nebulisers to prepare your airways before airway clearance (as prescribed).
- Have relaxed normal breathing prior to starting treatment.
- Place the mouthpiece in your mouth and create a seal around it with your lips.
- Slowly take a bigger breath in than normal through your mouth, then pause for two to three seconds.
- Breathe out through the mouthpiece as far as is comfortable (you do not need to completely empty your lungs). The breath should be slightly stronger than normal, but not too forceful.
- Keep your cheeks held in during your breath out; you should feel the vibrations from the device transmit to your chest.
- Try to suppress your cough.
- Repeat for \_\_\_\_\_ breaths.
- Return to relaxed normal breathing without using the device.
- Complete \_\_\_\_\_ huffs as directed.
- Repeat the above steps \_\_\_\_\_ times or for \_\_\_\_\_ minutes, or until your chest feels clear.
- Take any inhalers or nebulisers after your airway clearance (as prescribed).

This can be combined with other airway clearance techniques, including autogenic drainage, as prescribed by your physiotherapist. Always take your Acapella® if you are admitted to hospital. Treatment with the Acapella® should be initiated by your physiotherapist who will instruct you in the correct technique.

**Remember to do daily physical exercise as well, as this will help you move sputum from deep within your lungs and is important for helping you stay fit and healthy.**

## Precautions

### Do not use your Acapella® if:

- your device appears to be damaged.
- you notice any blood in your sputum, suddenly have chest pain or become breathless, stop using the Acapella® immediately and contact your CF team or seek emergency help.

### The Acapella® may not be suitable if you have a history of the following:

- recent sinus surgery
- nose bleeds
- recurrent haemoptysis (coughing up blood)
- pneumothorax (collapsed lung)

**If you're unsure about any of these, speak with your physiotherapist before carrying out the treatment. Your physiotherapist will review your technique with the Acapella® at regular intervals.**

Proper cleaning of your device is essential, please ask your physiotherapist for their local guideline or follow manufacturers guidelines.



You might find it useful to watch the following video of the technique.

[www.youtube.com/watch?v=DJFp6A\\_p2R8](http://www.youtube.com/watch?v=DJFp6A_p2R8)

**This leaflet should only be used if it has been given to you by your physiotherapist, who will have decided if this is a suitable treatment for you to undertake. Do not use this leaflet without first consulting with your physiotherapist.**

The information on this leaflet is based on clinical best practice and consensus of opinion by physiotherapists within the ACPCF. For a detailed review of the evidence for this technique, please review the 'Standards of Care and Good Clinical Practice for the Physiotherapy Management of Cystic Fibrosis' 2017. Third edition. To view our consensus documents please visit [cysticfibrosis.org.uk/publications](http://cysticfibrosis.org.uk/publications).

The Cystic Fibrosis Trust provides information about cystic fibrosis through our factsheets, leaflets and other publications. Most of our publications can be downloaded from our website or ordered from our helpline.

The Cystic Fibrosis Trust helpline can help you with a range of issues, no matter how big or small. Our trained staff can provide a listening ear, practical advice, welfare/benefits information or direct you to other sources of support. The helpline can be contacted on 0300 373 1000 or [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk) and is open Monday to Friday, 9am–5pm. **You can also find more information at our website [cysticfibrosis.org.uk](http://cysticfibrosis.org.uk).**

**For more information about the Association of Chartered Physiotherapists in Cystic Fibrosis please contact [ACPCFmembership@gmail.com](mailto:ACPCFmembership@gmail.com).**