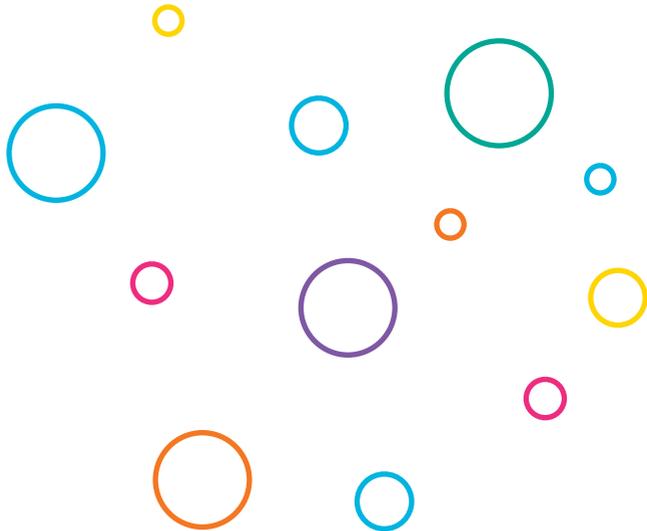


How does Bubble PEP work?

Information for patients



Leeds children's
hospital

caring about children

How does Bubble PEP work?

Bubble PEP is a fun way of using positive expiratory pressure to help splint the airways open, allowing air to get behind the secretions, making them easier to clear.

How to carry out Bubble PEP in hospital

- Your physiotherapist will provide you with a sterile bottle of water, some washing up liquid, some tubing and a bowl to catch the bubbles, to use for each session of Bubble PEP
 - Take any inhalers/nebulisers as advised by your physiotherapist to help prepare your airways before the treatment
 - Ensure there is 10cm of water in the bottle. Add a few drops of washing up liquid to the water
 - Insert the tubing to the bottom of the bottle, which should be inside the bowl
1. Take a slightly bigger breath in than normal and then place your mouth around the tubing creating a seal.
 2. Blow out through the tubing, into the water to create bubbles.
 3. Breathe out through the tubing for breaths.
 4. Complete huff/s and cough/s as advised by your physiotherapist to clear the sputum.

This is one cycle.

**Complete steps 1-4 times
or for minutes or until your chest feels clear.**

Practice relaxed breathing in between cycles.

- You can blow the bubbles off your hand after you have completed your breaths out to encourage clearance of secretions
- Take any inhalers/nebulisers after your airway clearance as advised by your physiotherapist
- Your physiotherapist will ensure you have several pieces of tubing so that you always have a dry piece of tubing ready to use
- Your physiotherapist will provide you with a new bottle of sterile water and a cardboard bowl for each session (as advised by the Infection Control team).

Cleaning/storing of Bubble PEP equipment in hospital

As with all airway clearance devices it is important that equipment is kept clean to prevent infection

- The water from the bottle should be poured down the toilet and the toilet flushed
- The bottle and cardboard bowl should be disposed of in the infectious waste bin
- The tubing can be dried by attaching it to the oxygen flow meter and turning the flow up to 15 litres, holding a paper towel on the end to catch the droplets of excess water
- Place the tubing in a dry place on a paper towel to dry thoroughly.

If you have any questions or concerns please ask your Physiotherapist

How to do Bubble PEP at Home

Child's name:

Date:

How does Bubble PEP work?

Bubble PEP is fun way of using positive expiratory pressure to help splint the airways open, allowing air to get behind the secretions, making them easier to clear.

Reasons for using Bubble PEP

- To make treatment sessions more interesting and fun
- To give added incentive i.e. being able to blow bubbles out of a bottle.
- Helps Mucus movement by splinting airways open
- Helps Mucus removal
- Reduces small airway collapse.

Equipment

- Bottle (eg. two pint plastic milk/juice or water bottle, cleaned out thoroughly. Opening of bottle to be least 2cm wide)
- Liquid soap or washing up liquid (3-5 squirts)
- Piece of wide tubing (given to you by your Physiotherapist)
- A tray or bowl to catch the bubbles as they come out.

Preparation

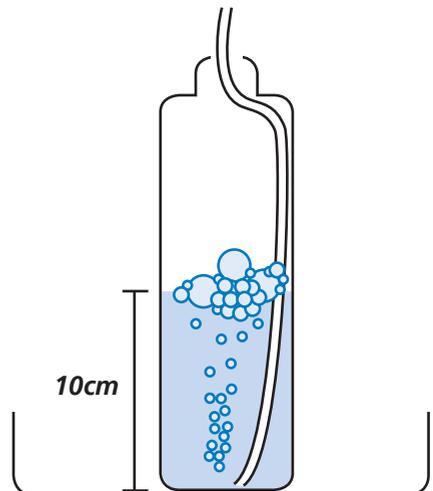
- Fill the bottle until the water in it is 10cm deep, this will achieve the required pressure
- Put the liquid soap/washing up liquid in the water
- Place the bottle in the tray
- Place the tubing to the bottom of the bottle
- Take any inhalers/nebulisers as prescribed before Bubble PEP to help prepare the airways.

Method

- Ask your child to seal their lips around the tubing, breath in through their nose and then blow out into the tube, using a slightly bigger breath than normal. Try to ensure your child is not puffing out their cheeks. Bubbles should start coming out of the top of the bottle into the tray.
- Aim to take a big breath in and achieve a long breath out
- Repeat this as detailed in the regime section on page 6 of this leaflet, incorporating huffs and coughs.

NB. Children who may attempt to suck rather than blow down the tube must be closely supervised by an adult when doing Bubble PEP.

Take any inhalers/nebulised after your airway clearance as advised by Physiotherapist.



Cleaning

Wash the bottle in hot soapy water and rinse in clean water.

Shake any excess water from the tubing and leave to air dry in a clean dry area.

ALWAYS ensure that the tubing and bottle are dried out as thoroughly as possible after each use. Leave the plastic bottle upside down to air dry.

You will be given spare tubing by your physiotherapist.

REPLACE the bottle every week and the tubing every month (you can get replacement tubing from your physiotherapist at clinic visits).

Regime

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If you have any problems or questions about the above please do not hesitate to contact your physiotherapist on **0113 392 7125** or **0113 392 6361**



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