

Acapella®

Information for patients



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hospital

caring about children

How does the acapella® work?

This device combines PEP (positive expiratory pressure) and vibration to help loosen sputum.

When you breathe out through the device the rocker moves in a seesaw motion. This causes resistance which helps keep your airways open and allows air to get behind the sputum. It also causes vibrations which are transmitted to the lungs and helps loosen the sputum so that it can be cleared more easily. Your physiotherapist will set the resistance that is appropriate for your chest and will review this regularly.

How to carry out your acapella® treatment

- Take any inhalers/nebulisers as advised by your physiotherapist before you start your Airway clearance to help prepare your airways
 - Treatment can be carried out in relaxed sitting or in different positions as advised by your physiotherapist
1. Place the mouth piece in your mouth and create a seal around it with your lips
 2. Slowly take a bigger breath in than normal through your nose/mouth, then pause for 2-3 seconds
 3. Breathe out through the mouthpiece as far as is comfortable using a slightly stronger breath out than normal, but not too forceful

4. Try to tighten your cheeks during the breath out so that the vibrations from the device are transmitted to your airways
 5. Repeat steps 1-4 for breaths
 6. Return to relaxed breathing without the device for a short while
 7. Complete huffs and cough/s as advised by your physiotherapist.
 8. Complete steps 1-7 for times or for minutes or until your chest feels clear ensuring you practice some relaxed breathing in between cycles.
- Take any inhalers/nebulisers after your airway clearance as prescribed
 - This treatment can be combined with other airway clearance techniques such as Autogenic drainage as taught by your physiotherapist
 - Please bring your acapella® to clinic with you on a regular basis so that your physiotherapist can check whether it is in working order and review your technique. Your acapella® will be replaced annually or earlier if required by your physiotherapist.

If you have any questions or concerns please contact your Physiotherapist on **0113 392 7125**

Recommended cleaning instructions for your acapella®

Effective cleaning and drying of your device is essential to prevent infection and ensure the device continues to work properly.

- After each Airway clearance session dismantle the acapella® into four parts and clean in warm soapy water. Rinse thoroughly in clean water and allow parts to dry.



- Leave unassembled somewhere dry and clean until next use. You can store it in a clean plastic container with a lid and keep in a dust free environment.
- Once a week dismantle the acapella® and place in a pan of water and boil for 10 minutes. Dry thoroughly and store somewhere dry and clean as above.

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Produced by: Medical Illustration Services • MID code: 20190423_004/NR

LN004568

Publication date

06/2019

Review date

06/2021