

Using a cough assist device (Nippy Clearway) to help clear mucus from your chest

Physiotherapy

Information for Patients

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What is a Nippy Clearway cough assist?

It is a machine that helps with clearing mucus and improving coughing. It helps move the mucus out of the body and makes coughing stronger and more effective. It also helps you take deeper breaths.

Why do I need a Nippy Clearway cough assist?

Your physiotherapist has checked your cough and believes that it is not good enough at clearing your mucus. This puts you at a higher risk of developing respiratory issues like a chest infection. This machine is often used with patients who have diseases that affect the muscles (neuromuscular disease).

When should I use the Nippy Clearway cough assist?

Your physiotherapist will have explained your personal physio programme when you were given the machine. Good practice is to use the machine 2 times a day, usually morning and evening. If you are unwell or have more sputum then it can be used during the day.

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When should I not use the Nippy Clearway?

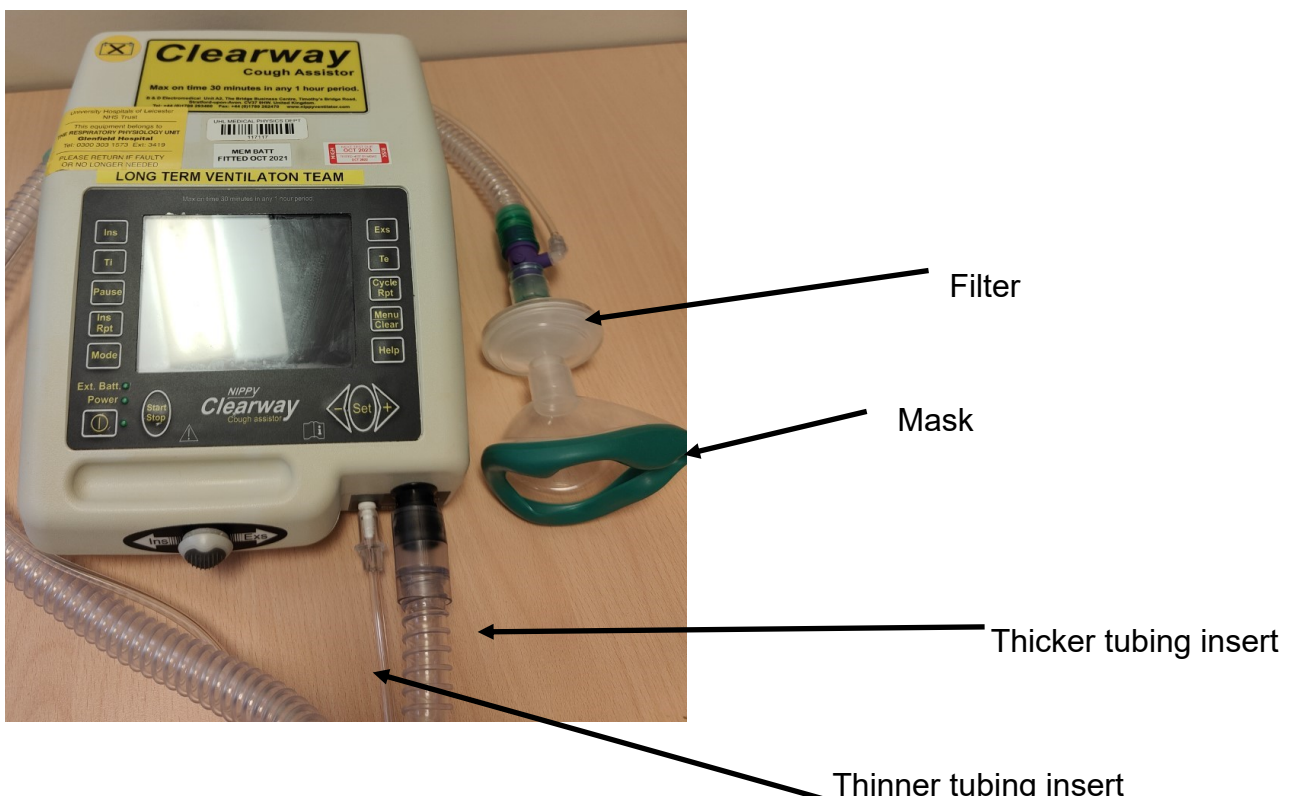
When you were given the machine you were assessed as being suitable for home Clearway usage. However, if anything changes, please speak to your physiotherapist.

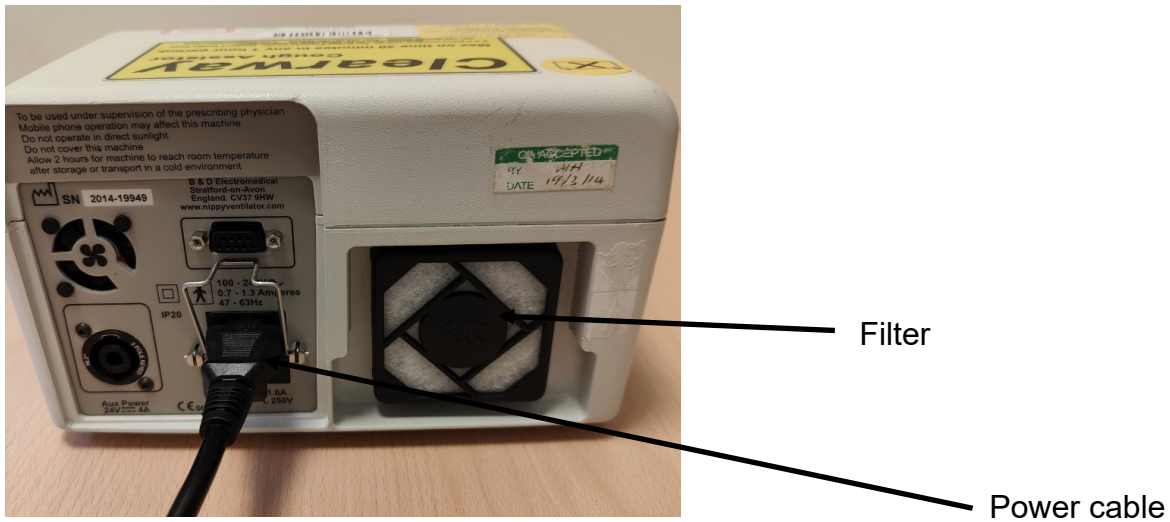
Do not use if:

- You notice blood in your secretions or start coughing up blood.
- Within 1 hour of a meal.
- You are being sick (vomiting) or feeling sick (nauseous).
- You have had a recent lung injury or a collapsed lung (pneumothorax).
- You have had an injury or surgery to your face/ mouth/ skull or food pipe (oesophagus).
- You have a problem with your heart (for example unstable angina, palpitations, serious changes in blood pressure).
- You have a certain type of abnormal connection between you airway (tracheobronchial) or food pipe (tracheoesophageal fistula).

If you have any concerns please get in touch with your physiotherapist.

Setting up the Nippy Clearway cough assist





How to use it:

1. Get into the correct position (ideally sitting upright).
2. Agree a stop signal (such as hand waving, shaking head, eye blinking).
3. Make sure the circuit and interface is correctly set up (see photos).
4. Turn the machine on using the power button.
5. Get a good seal with the mask.
6. Press the stop/start button to begin treatment.
7. The machine will deliver the set number of breathes in and coughs unless the stop button is pressed.
8. Once the machine has beeped to confirm the end of the treatment cycle, remove the mask.

How do I clean the machine?

Device:

- Dry wipe the machine down monthly. You can do this with a cloth.

Interface:

- Mask: wash in warm, soapy water daily.
- Mouthpiece: wash in warm, soapy water daily.

Circuit:

- Wash the thick component of the tubing in warm, soapy water weekly. Leave to air dry. Replace monthly.
- Check the filter in the circuit weekly. Replace if any signs of dust or discolouration.

Contact details

If you have any questions or concerns please speak to your respiratory physiotherapist through the home ventilation team on **0116 258 3283**.

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