

Treatment for your chest using a PARI PEP device

Paediatric Physiotherapy

Information for Patients

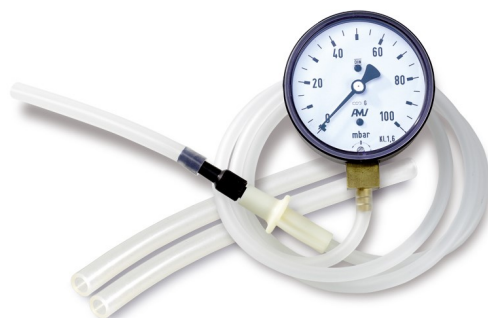
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What is a PARI PEP device?

PEP stands for positive expiratory pressure. A PARI PEP is a small plastic device which uses positive expiratory pressure to help with your chest treatment. Your PARI PEP consists of a mouthpiece, a resistor and a cylinder that has a choice of different sized holes.



How does the PARI PEP device work?

- When you breathe out through the device, you cause a small amount of pressure to build up in your lungs.
- The pressure holds your airways open and helps more air in and out of your lungs.
- This air flow helps to move mucus (secretions) out of your lungs and into your top airways.
- When mucus is in your top airways you can huff and cough it up.
- The different sized holes on the device change the amount of pressure in your lungs. Your physiotherapist will check which size hole you need to use with a pressure gauge (manometer).

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Why do I need to use the PARI PEP?

If you have a problem with your lungs, there can be more mucus in your airways. If this mucus is not cleared with treatment, it can cause chest infections, damage to your airways, or make your breathing more difficult.

How do I use my PARI PEP?

1. Your physiotherapist will set the hole at the right number for you. They will show you how to use the device, and tell you when and how to do your treatment. You may be given a pressure gauge (manometer) to use with the device.
2. Wash your hands.
3. Take your inhalers and/ or nebulisers that you have been prescribed to prepare your airways before you use your PARI PEP:

4. Put the mouthpiece of the device between your teeth and close your lips around it, making sure there is a good seal.
5. Take a slightly bigger than normal breath in through your mouth.
6. Hold your breath for _____ seconds.
7. Blow out through the mouthpiece, keeping your cheeks held in, as far as is comfortable. Let your breath out slightly stronger than normal, but not too forceful.
Aim for a pressure of _____ cmH₂O if you have a manometer connected.
8. Repeat for _____ breaths.
9. Do _____ huff(s).
10. Do a strong cough. Try not to swallow your mucus (sputum) but spit it out into a tissue and throw it away.
11. You should have a period of relaxed breathing in between each cycle before doing the next cycle.
12. Repeat the steps above _____ times (cycles) when you are well, or _____ times (cycles) when you are unwell, or as many times as you need to until your chest feels clear.
13. Take your inhalers or nebulisers that you have been prescribed after your airway clearance.

14. Do this airway clearance for your chest as above _____ times a day when you are well, or _____ times a day when you are unwell.

What if I have problems using my PARI PEP?

If your device looks damaged or your medical condition has changed, please contact your physiotherapist before using the device again.

If you do not know how to contact your physiotherapist you can contact the Paediatric Physiotherapy Department on 0116 258 5714.

If you are out of breath when using the device, or have blood in your mucus (sputum), please contact your doctor before using the device again.

How do I look after my PARI PEP?

Your physiotherapist will show you how to clean your device.

Do this after every time you use it:

1. Separate it into its different parts.
2. Wash all the parts with warm soapy water.
3. Rinse all the parts with clean water.
4. Shake off the excess water and leave the parts to dry on a clean surface.
5. When you are not using your device store it in a clean air tight container.
6. Ask an adult to sterilise your device once a week by boiling in water for 10 minutes.



Other information

Do not use the device straight after you have had a meal.

Remember to do daily physical exercise as this will help clear mucus from your lungs and will help keep your muscles and joints healthy. Do not use physical exercise instead of your PARI PEP treatment though.

Bring your device with you to clinic appointments and physiotherapy appointments, or if you have a stay in hospital, so that a physiotherapist can check how you are using it.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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