



UNIVERSITY HOSPITAL LLANDOUGH

ALL WALES ADULT CYSTIC FIBROSIS CENTRE

The Acapella

The Acapella is an oscillatory positive expiratory pressure device. This means that when breathing out through the device a vibratory effect is felt in the airways, which helps to loosen secretions. During expiration you will also feel some resistance. This resistance will help to keep your airways open thereby allowing the secretions to move up to your mouth where you can cough them out.



The inspiratory valve allows you to breathe in easily through the mouthpiece so that you don't have to remove the device between breaths out.

The Acapella is sometimes used alongside other clearance techniques such as the Active Cycle of Breathing Technique and Postural Drainage.

The Acapella can be used in any position in which you are comfortable. Many people find upright sitting the best, but side lying can be more effective for some people.

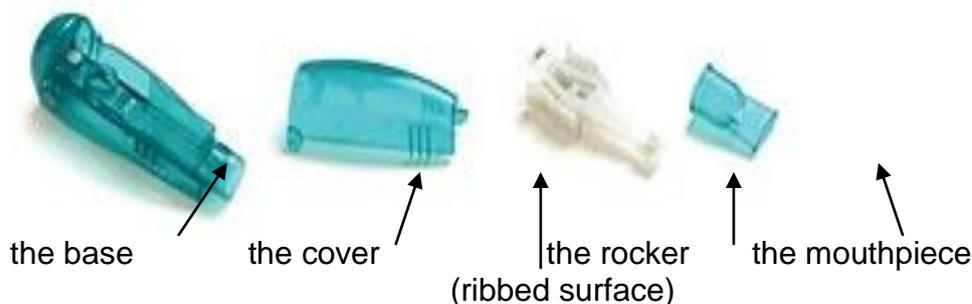
How to use the Acapella

- Find a comfortable position, this may be sitting leaning forward or in a postural drainage position as directed by your physiotherapist
- Check the resistance is set appropriately (check this with your physiotherapist)

- Take 10-12 slightly deeper than normal breaths, but not full deep breaths
- Breathe in slowly through your nose or mouth
- Hold for 2-3 seconds
- Breathe out actively, but not forcefully through the Acapella you need to hear the vibration and feel them on your chest to have a effective treatment.
- Try not to cough during the 10-12 breaths
- Huff twice, then cough and clear as you need
- Repeat 4-5 times, or until your chest feels clearer

How to clean your Acapella

There are 4 parts to clean:



Remove the mouthpiece.

Remove the cover by pressing on the ribbed surface and lifting the cover off.

Remove the rocker by placing your forefinger and thumb on either side of the grooved surface and gently lift the rocker up.

Soak all parts in warm soapy water.

Dry thoroughly and then reassemble.

Clean after each use.

Stop If-:

You develop any new symptoms such as increased shortness of breath, chest pain or tightness or blood in your secretions. Seek advice from your physiotherapist immediately.

If you require any further information regarding the Acapella or any other physiotherapy techniques please do not hesitate to contact us :-

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