

MODERN AIRWAYS CLEARANCE

Cabrini's Allied Health team apply modern techniques for improving airways clearance:



- Based on current research and clinical techniques
- Using current “toolbox approach” to improve patient’s self-management
- An initial assessment and a respiratory care plan with the physiotherapist which assesses the “whole person” including:
 - Exercise tolerance
 - Breathing control and thoracic expansion
 - Musculoskeletal assessment of the thorax
 - Airways clearance (sputum)
- Plan an appropriate treatment such as:
 - Improving exercise tolerance
 - Improving skills for airways clearance
 - Education on respiratory hygiene
 - Education on devices and respiratory inhalers
 - Referral to multidisciplinary team such as dietician, speech therapist and exercise physiologist



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