



RankenJordan.
PEDIATRIC BRIDGE HOSPITAL

Chest Physical Therapy (CPT)

Manual CPT

What is Chest Physical Therapy?

Chest Physical Therapy, or CPT, is a treatment used to help mobilize mucous out of the lungs. It is also referred to as airway clearance or bronchial hygiene therapy.

Important tips to follow when doing CPT on your child.

- Perform at least 1 hr before meals or 2 hrs after meals.
- Prescribed bronchodilator should be given 15 min before CPT.
- Use caution concerning any tubes or equipment connected to the patient (ventilator, high humidity, feeding tube).
- Monitor for the following signs of intolerance: heart rate, oxygen saturation, increase work of breathing.
- Pillows and blankets can help with positioning.
- If your child is having a hard time breathing, has poor color, or is fighting the therapy, stop the treatment. Have child sit up, relax, and catch their breath before continuing.

Manual CPT



Correct hand position for chest percussion

How does it work?

Chest percussion or clapping to various lung segments with cupped hands, mask, or mechanically with a motorized percussor.

Indications

Manual CPT is started on patients who are unable to effectively mobilize and cough out their own secretions. It is the cheapest form of CPT, and its effectiveness is dependent upon the quality of percussions by caregiver.

General Use (as ordered by doctor)

Frequency: may range from as needed all the way up to every four hours.

Length: Dependent on tenacity of secretions but limit total treatment time to 30min. Typical treatment is 2-3 min per lung segment.

*If using hands, when clapping, you should hear a "cupping" sound not a "slapping" sound,