

Chest physiotherapy (CPT) for cystic fibrosis

What is chest physiotherapy (CPT)?

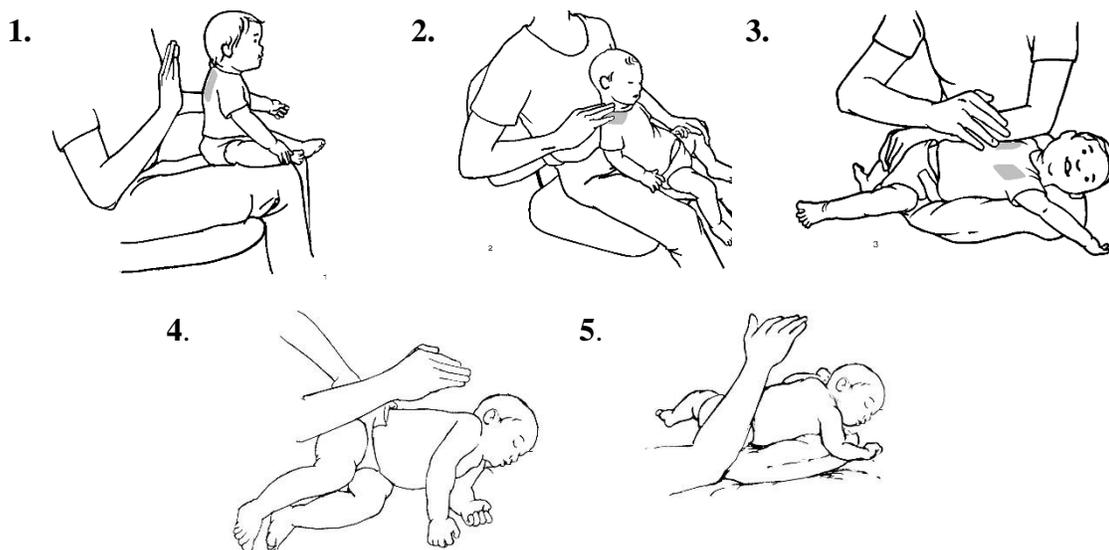
Chest physiotherapy (CPT) is a treatment to loosen mucus and thick fluids in the lungs. It uses gravity and vibration to help move mucus out of the lungs and help your child cough.

- Do CPT with your child 2 to 3 times each day.
- Have your child sit on your lap or lie on a bed. You may use pillows to help keep them comfortable.
- CPT should not hurt. Some babies even fall asleep.

How do I do CPT with my baby?

Your child's nurse or respiratory therapist can teach you how to do CPT. The steps to do CPT include:

1. Hold your baby on your lap, letting them sit up. Support or guide their head so they are comfortable. Clap with cupped hands on both sides of the upper back. Do not clap on the spine.
2. Let your baby lean against you. Clap with cupped hands above the collarbone between each shoulder and the neck. Do not clap on the breastbone.
3. Place your baby on their back on a pillow on your lap. Clap with cupped hands between the nipple and the collarbone on both sides of the chest.
4. Turn your baby on each side and clap under both nipples, under both armpits and under each shoulder blade.
5. Turn your baby over onto their tummy. Clap on both sides of the lower back, middle back and upper middle back.



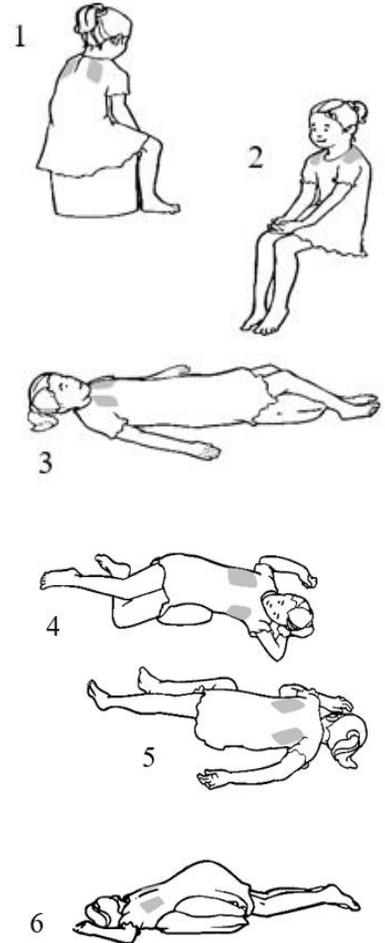
In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Chest physiotherapy for cystic fibrosis, continued

How do I do CPT with my child?

Your child's nurse or respiratory therapist can teach you how to do CPT. The steps to do CPT include:

1. With your child sitting up, clap with cupped hands on both sides of the upper part of their back. Do not clap on the spine.
2. Clap with cupped hands above the collarbone, between each shoulder and the neck. Do not clap on the breastbone.
3. Have your child lie flat on their back with no pillow under their head. Put pillows under their knees to make them more comfortable. Clap with cupped hands between the nipple and the collarbone on both sides.
4. Have your child lie on their side with their head slanted down. Use pillows under their hips to get the right angle. Clap with cupped hands over each nipple. (For young girls who are developing breasts, clap below the breast tissue.) Clap on both sides under the armpits. Clap with cupped hands on both sides of the middle back.
5. Turn your child to their other side, keeping their body at the same angle. Clap with cupped hands over each nipple. Clap on both sides under the armpits. Clap with cupped hands on both sides of the middle back.
6. Have your child lie on their stomach. Clap with cupped hands on both sides of the lower middle back.



How do I help clear mucus from my child's lungs?

- If you also give your child aerosol treatments, give them before doing CPT. They can help your child to clear mucus better.
- Your child may cough during and after CPT. This is a good sign. Coughing helps clear mucus from the lungs.
- If your child's nose gets blocked by mucus, use a bulb syringe to clear it.

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Chest physiotherapy for cystic fibrosis, continued

What else do I need to know?

- Stop CPT, and call your child's doctor **right away** if your coughs up any mucus with blood in it.
- To help prevent vomiting (throwing up), wait at least 1 hour after your child eats to do CPT.
- Keep your child's head level with their body during CPT.
 - Having their head lower than their body can increase the chance of reflux.
 - Reflux is when stomach contents go back up into the throat. This can cause your child to vomit or have other problems.
- During CPT, clap on the rib cage. Do not clap below the rib cage, on your child's breastbone, or on the spine.
- Cover your child's skin during CPT. Have them wear pajamas, a hospital gown or light clothing.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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