

Vest for Airway Clearance

What it Is

The airway clearance vest helps remove mucus from the lungs. The system includes a chest vest, an air pulse delivery machine, and flexible hoses.

The vest is custom fitted and goes over the chest. The flexible hoses link the vest to the air delivery machine.

When the machine is on, it forces air into the vest until it is full. The inflation of the vest is adjusted by the pressure setting. Bursts of air cause the vest to vibrate around the entire chest. The speed of the air vibrations is changed by the rate setting. Mucus is moved from the bottom of the lungs to the top. It can then be coughed out.

Care for the System

Once a week wipe down the vest and air pulse delivery system with a household disinfectant. A filter on the back of the air machine should have all dust removed weekly.

How to Use

1. Plug in the power cord.
2. Put on the vest. Snap all the clips and adjust the shoulder straps.
3. Connect the tubing from the air machine to the vest.
4. Push the power button “on.”
5. Adjust the pressure to the level the doctor has ordered.
6. Adjust the rate control to what the doctor has ordered.
7. Set the timer to the ordered time setting.
8. Start the vest.
9. **Do a “huff” cough 3 times between each vest level.** To huff cough, take a deep breath and hold it for 1-3 seconds. Force the air out of your lungs and say the word “huff” at the same time or do a normal cough.

When to Call

If you need a different size vest, have questions or problems with your equipment, call the Home Medical Equipment provider. The phone number is listed on the machine.

Settings

Below are the vest settings your doctor has ordered for you.

1 st Setting	Frequency:	Pressure:	Time:
2 nd Setting	Frequency:	Pressure:	Time:
3 rd Setting	Frequency:	Pressure:	Time:

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5464