



SNS COLLEGE OF NURSING



SARAVANAMPATTI, COIMBATORE-35

FOUNDATION OF NURSING

COURSE :1 YEAR BSC NURSING

UNIT-

IX MEETING NEEDS OF

PATIENT

TOPIC- CHEST PHYSIOTHERAPY



INTRODUCTION



Chest physiotherapy is followed by productive Coughing or suctioning of a patient who has a decreased ability to cough. This especially helpful for patients with large amount of large amount of secretions or ineffective cough.

DEFINITION

Chest physiotherapy is a group of therapies for mobilizing pulmonary secretions. These treatments are used with persons who have had heart surgery and who may have a partial collapse of their lung tissue or lung secretions which they are unable to clear by themselves.



INDICATIONS

It is indicated for patients in whom cough is insufficient to clear thick, tenacious, or localized secretions.

Eg :-

Cystic fibrosis

Bronchiectasis

Atelctasis

Lung abscess

Pneumonia

CONTRAINDICATIONS

Increased
ICP

Thoracic
surgeries

Neck injury

Uncontrolled
hypertension

Spinal injury

Anticoagulation

Rib fracture

ASSESSMENT 1

1. Define Chest physiotherapy?

Ans.....

3. Explain indication of Chest physiotherapy?

Ans.

4. Explain contra indication of Chest physiotherapy?



ASSESSMENT FOR CHEST PHYSIOTHERAPY

- ❖ Assess the vital signs
- ❖ Know the patient's medications
- ❖ Assess for any contra indications
- ❖ Perform detailed physical examination of the chest
- ❖ Review the patients X-ray and other blood investigations.



TECHNIQUES IN CHEST PHYSIOTHERAPY

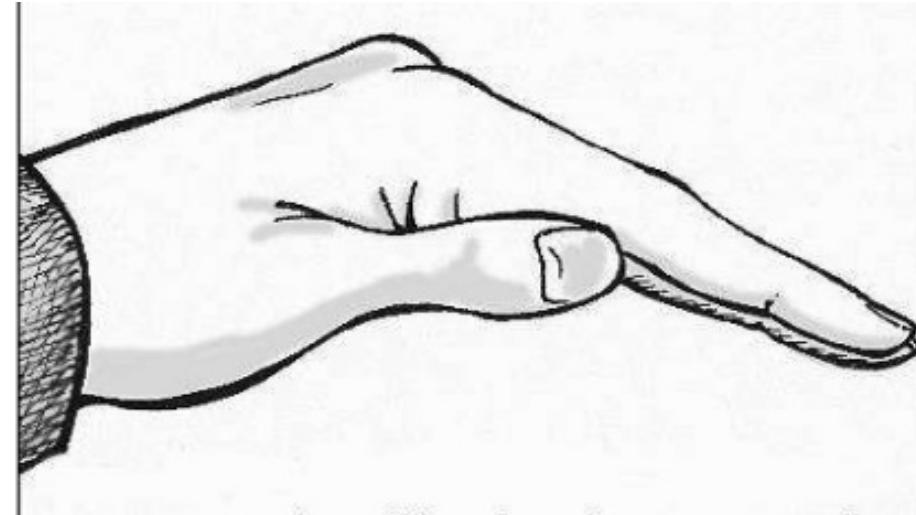
1. Percussion

2. Vibration



PERCUSSION

- It involves rhythmically clapping on the chest wall over the area being drained force secretions into larger airways for expectoration.
- Position the hand so the fingers and thumb touch and the hands are cupped.

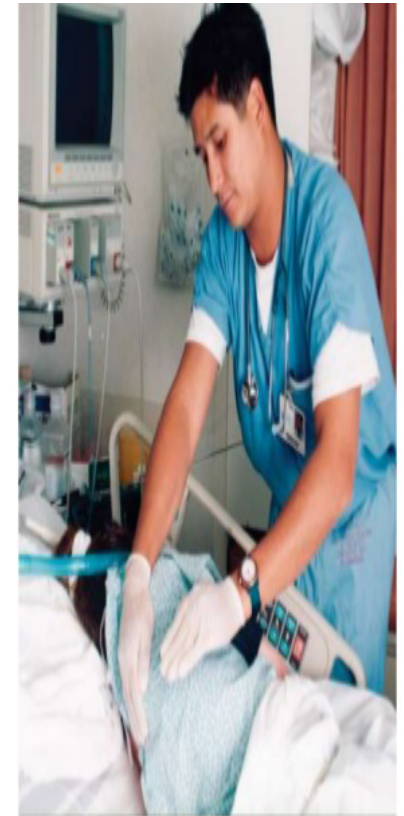




Percussion....

- Perform chest percussion by vigorously striking the chest wall alternately with cupped hands.
- The procedure should produce a hollow sound and should not be painful.
- Perform percussion over a single layer of clothing , not over buttons or zippers.

- Percussion is contraindicated in patients with bleeding disorders , osteoporosis , fractured ribs and open wounds and surgeries.
- Don't percuss over the spine, sternum , stomach , or lower back as trauma can occur to the spleen , liver, kidneys.
- Typically, each area is percussed for 30 to 60 seconds several times a day.
- If the patient has tenacious secretions , the area must be percussed for 3-5 minutes several times per day.

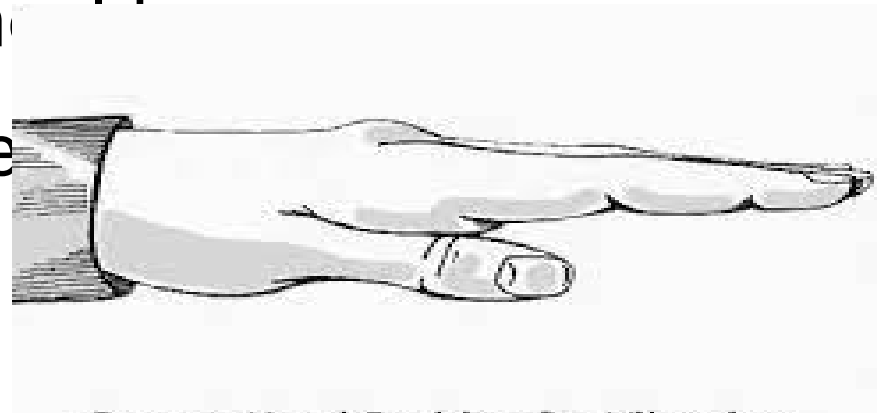


VIBRATION

It is a

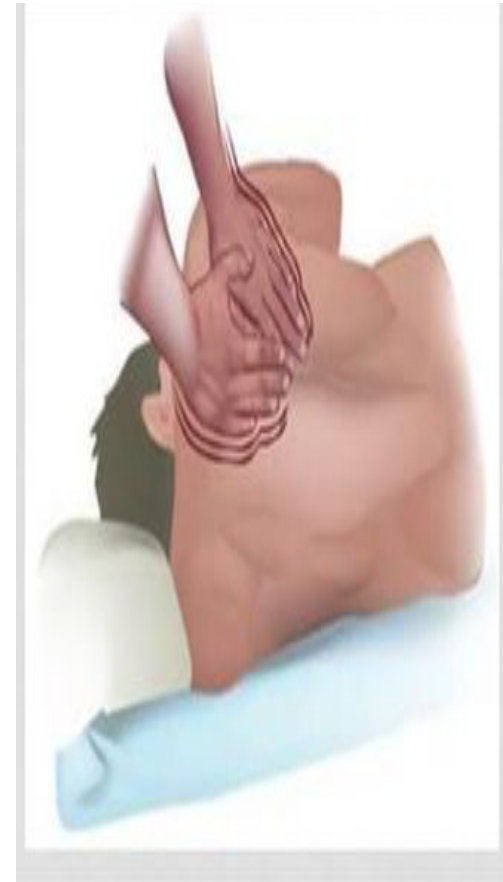
gentle, shaking pressure applied to the chest wall to move secretions into larger airway.

- ✓ The nurse uses rhythmic contractions and relaxations of arm and shoulder muscles over the patient's chest



VIBRATION.....

- ✓ During vibration , place your flat hand firmly against the chest wall , on the appropriate lung segment to be drained.
- ✓ Vibrate the chest wall as the patient exhales slowly through the pursed lips.
- ✓ After each vibration , encourage the client to cough and expectorate secretions into the sputum container.



EQUIPMENTS



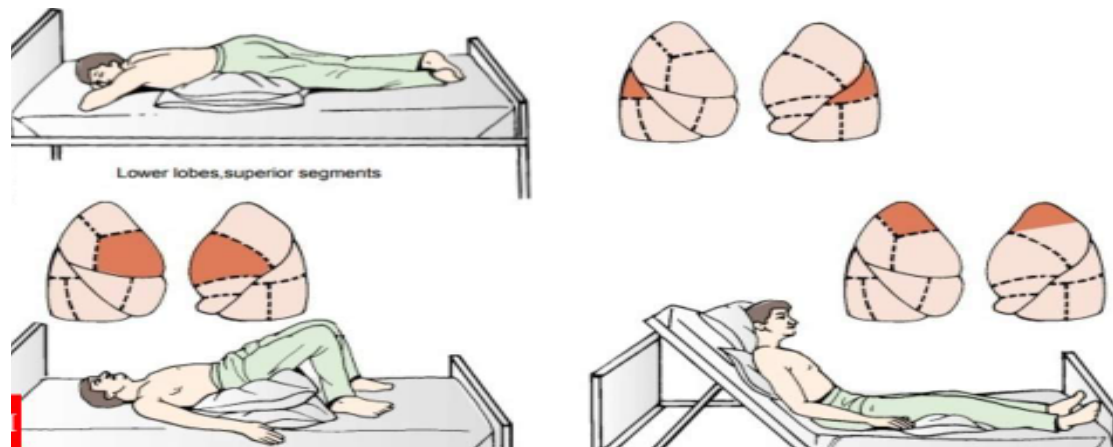
PROCEDURE

- Introduce yourself
- Explain procedure to the patient
- Wash hands



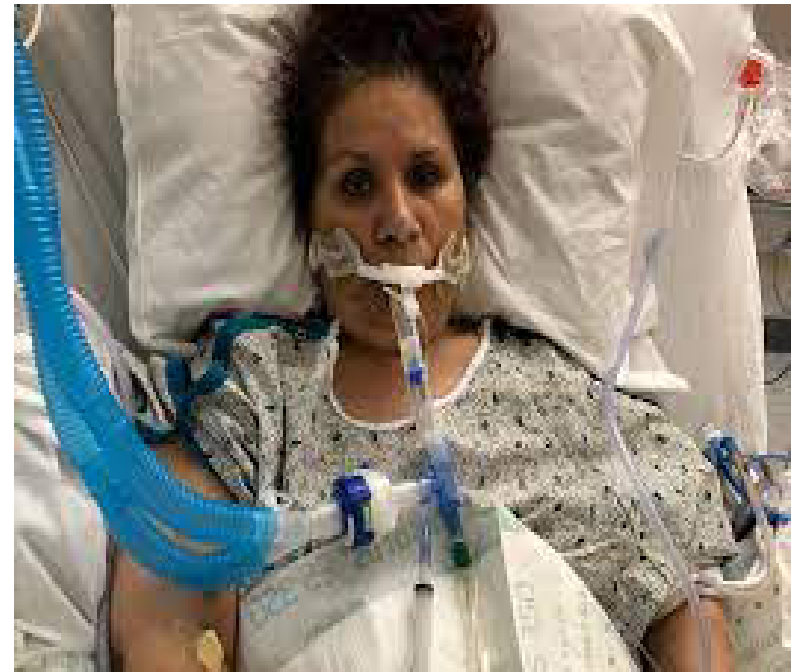
PROCEDURE.....

- Place the patient in up right position.
- Using cupped hand, percuss over the lung field.
- After percussioin is completed over each lobar area, vibraton is done.



PROCEDURE.....

- If the person is intubated or unable to generate an effective cough , perform suctioning as indicated.
- Place the patient in comfortable position after the therapy.
- Return the equipment
- Wash hands.



DOCUMENTATION

- ❖ Adjunctive treatments given concurrently (nebulizer or inhaled medication) and the patient's response to these treatments.
- ❖ Education provided to caregiver
- ❖ Record the procedure with date and time.



ASSESSMENT 2

1. Explain techniques involved in Chest physiotherapy ?

Ans

2.Explain the procedure of Chest physiotherapy ?

Ans





REFERENCES



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