



FACILITATION OF SPUTUM PRODUCTION

In some cases of respiratory patients the collection of sputum is difficult. In these cases physiotherapy can sometimes be helpful with the following standard procedure:

1. Assessing the patient by observation of breathing pattern, percussion and listening to the chest with the stethoscope,
2. Deep breathing exercises in sitting or lying.
3. Percussion and vibration technique on the chest. If a specific part of the lung is affected the treatment concentrates on that region.
4. Positioning of the patient in specific drainage postures.
5. Teaching the exhale cough technique: due to the exhale movement the sputum will be moved towards the main bronchi where productive coughing becomes more likely. In other words the patient breathes out and coughs on the end of the exhale.

Considerations

6. This procedure takes at least twenty minutes.
7. If this procedure does not produce a satisfying result, steam inhalation with wild mint can prepare the patient before repeating the physiotherapy treatment.
8. It is possible to teach this procedure to the patient family members thus it can be done twice a day until the patient comes back to see the doctor.