



## Chest care拍痰(英文)

### Chest care

Chest care causes vibration and makes sputum in trachea and lung easily removed. Then the removed sputum could be drain out by postural drainage and gravity.

### Timing

1. About 3 - 4 time everyday or every 2 hours
2. Everyday after awake, before breakfast or 1 - 2 hours post prandial to prevent patients from vomiting
3. Before sleep
4. After chest therapy
5. It takes 10 - 15 minutes to proceed though it could vary depending on the individual condition and endurance of the young patient. s

### Methods

1. cup your hands and percuss repeatedly in order to have sputum drained out more smoothly. You should make your wrist move freely and steadily
2. Use percussor : be careful when percussing the prominent area of bone, spine, and below the wrist
3. Postural drainage works better with position change, base on the location of the sputum, of the patient.

( 1 ) Sputum location: apical segment of right upper lobe and posterior segment of left upper lobe

Postural : Sitting position, bending backward 30 degree

Practice : Percuss supraclavicle and subclavicle area

( 2 ) Sputum location: anterior segment of right upper lobe, inferior segment of right middle lobe

Postural: supine position or 45 degree of the lateral side, use a little pillow at back

Practice : Percuss between nipples and clavicles

( 3 ) Sputum location : posterior segment of right upper lobe, apical and posterior segment of left upper lobe

Postural : Sit position, bending forward 30 degree

Practice : Percuss bilateral suprascapulae

( 4 ) Sputum location: lateral segment of right middle lobe, anterior inferior segment of right lower lobe

Postural : on the lateral side 45 degree with hip elevation

Practice : Percuss nipple area

( 5 ) Sputum location : anterior and medial side of inferior segment of left upper lung

Postural : supine and keep hip elevation

Practice : Percuss areas below nipples

( 6 ) Sputum location: apical segment of bilateral lower lung

Postural : prone position

Practice : Percuss scapulae area

( 7 ) Sputum location : lateral side of inferior segments of bilateral lung

Postural : on the lateral side and keep the hip elevated

Practice : Percuss axillary area

( 8 ) Sputum location : posterior inferior segment of bilateral lower lung

Postural : prone position and keep the hip elevated

Practice : Percuss bilateral subcostal area

