

OPTIMIZING YOUR LUNG HEALTH

Your FEV1 today = _____ % predicted

Contact Information

For **clinical** questions call _____ and ask to speak to your doctor's nurse. All of the information in this action plan should be reviewed and approved by your personal physician.

AIRWAY CLEARANCE

This may be the most important thing that you can do to keep your lungs healthy. You should do airway clearance at least _____ times each day. If you have more cough than usual, check with your doctor to see if you should increase airway clearance treatments. Avoid cough suppressants. In PCD cough is the primary form of airway clearance. Participate in vigorous aerobic activity. Avoid exposure to tobacco smoke and irritants that may increase mucous secretions. We encourage an active lifestyle. Exercise helps to loosen secretions.

STOPPING THE SPREAD OF GERMS

Avoid contact with sick people.
Wash your hands often.
Make sure your immunizations are up to date.
Check with your doctor to see if it's time for your flu shot and/or pneumococcal vaccine.
Disinfect your nebulizer equipment as instructed.

- Respiratory hygiene reviewed
- Nebulizer cup cleaning techniques reviewed

KNOW YOUR ORGANISMS

You are currently on isolation: none contact
Your last sputum culture grew: _____

- Infection control guidelines reviewed

YOUR NEBULIZED MEDICATIONS SHOULD BE IN THE FOLLOWING ORDER:

1. _____
2. _____

Your personalized plan includes the following (circle):

HUFFING VEST** ACAPELLA FLUTTER
BUBBLES PEP CHEST PT EXERCISE

Exercise must equal 20minutes of vigorous activity.

**Vest Settings: _____ frequency, _____ pressure
and _____ minutes per treatment.

Post airway clearance nebs:

3. _____

MEDICATIONS

- Use separate nebulizer cups for each medication.
- For TOBI, only use the Pari LC Plus neb cup.
- Always take inhaled Tobi AFTER you have taken your albuterol and finished Chest PT.
- When taking Cipro or Septra avoid the sun. You may burn more easily.

Current medications:

1. _____
2. _____
3. _____
4. _____

Changes/additions to your medications today include:

1. _____
2. _____

KNOW YOUR CILIARY DEFECT

_____ Outer dynein arm

_____ Inner dynein arm

_____ Central apparatus defect

Notes: