



Airway Clearance Techniques Newborn-1 year

Your child's CF Physiotherapist will help create an individualized physiotherapy program for your child. As your child grows their physiotherapy program will change to suit their needs. If you have any questions talk to your child's CF Physiotherapist.

Airway clearance should fit in with your family's routine. You should perform 4-5 **modified postural drainage positions** once a day when your child is well. In each position, **percussion** should be performed for 3-4 minutes.

Chest physiotherapy should be performed prior to a feed or at least one hour post a feed. It should be done while your baby is awake and settled. It will take 15-25 minutes each session and the number of sessions may increase if your baby is unwell.

Other techniques may be used on the advice of your physiotherapist.

Modified Postural drainage

Modified postural drainage refers to the use of positioning to help drain mucous into the larger airways of the lungs with the assistance of gravity. The 5 most common positions are with your baby lying on their...



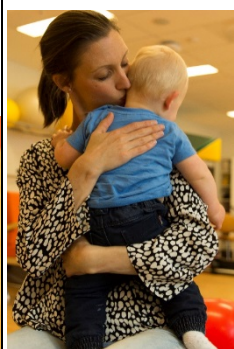
Stomach



Left and right sides



Back



Upright,
supporting
your baby's
neck

Percussion

Percussion is a firm patting of the chest using the fingers in newborns or a cupped hand in 6 months and older over a folded towel, other cloth or adequate clothing. When you percuss the external mechanical pressure you provide to the chest wall helps to dislodge mucous from the side of the airways.

Cough

Your baby may not necessarily cough during chest physiotherapy. If they do cough during treatment, they will usually swallow any mucous they cough up.

Challenges:

Your baby's tolerance to chest physiotherapy may fluctuate depending on how settled or mobile they are. It can be worth spending some time cuddling, rocking and settling your baby prior to your physiotherapy session. There may be times where your baby will be upset during physiotherapy but try to assess your baby's cues and change into another position before they get upset. Once your baby starts crawling physiotherapy can become more challenging.

A variety of strategies can be employed to help them settle into their physiotherapy routine. Your patience, creativity, flexibility and sense of humour can make chest physiotherapy sessions effective and an enjoyable part of your child's day. It can be a special time when your baby can have your undivided attention. Always remember that cuddles, singing, smiles and laughter are as much a part of the therapy session as positioning and percussion.

Notes

References

An introduction to Cystic Fibrosis for Parents and Families. (2017)

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