SECTION: 2 RESPIRATORY PROBLEMS AND MANAGEMENT

RESPIRATORY PHYSIOTHERAPY

To assist with clearance of secretions in specific pulmonary conditions. The decision to use chest physiotherapy is individualised, commenced and performed by a physiotherapist on referral from a consultant or SR.

INDICATIONS
Lung collapse on CXR or Aspiration on CXR

CONTRAINDICATIONS
- Unstable infant, low blood pressure, apnoeas, bradycardias or severe desaturation on handling.
- Recent IVH
- Hypothermia
- Recent pneumothorax and risk or reoccurrence
- PIE
- Pulmonary haemorrhage
- Thrombocytopenia
- Evidence of osteopenia on Xray

KEY POINTS
The physiotherapist will liaise with the nurse caring for the infant to organise the appropriate time for treatment.
A nurse must be in attendance at all times during physiotherapy to attend to the infant’s needs and make ventilator changes.

PROCEDURE (To be performed by physiotherapist)
- If infant is on continuous feeds, turn feed off 10 minutes prior to treatment.
- Observe HR and oxygen saturation.
- Observe ventilator settings and modality: if on SIPPV/PSV reduce the sensitivity of trigger from 1.0 to 1.6 to avoid triggering due to artefacts like manual vibration.
- Auscultate and perform suction as necessary.

Respiratory physiotherapy may include:-
- Vibration
- Percussion
- Gravity assisted drainage position

If the physiotherapist leaves instructions for gravity assisted drainage. Position infant according to instructions and diagrams.
Ensure positioning is documented.
REFERENCES


De Moraes dos Santos ML, De Suoza LA, Bastiton AP, Palhares DB. Results of airway clearance techniques in respiratory mechanics of preterm neonates under mechanical ventilation. Rev.bras.ter.intensiva. 2009; 21(2)


Hough JL, Flenady V, Johnston L, Woodgate PG. Chest physiotherapy for reducing respiratory morbidity in infants requiring ventilator support. Cochrane Database of Systematic Reviews. 2008;


Do not keep printed versions of guidelines as currency of information cannot be guaranteed. Access the current version from the WNHS website