

Cystic Fibrosis all about physiotherapy

PARI PEP™

The PARI PEP™ is a hand held device which supports airway clearance for children and adults.

With thanks to Nicky Murray and Fiona Cathcart, Royal Brompton Hospital, for preparing the information in this document.

Patient name			
DOB		Hospital number	
Physiotherapy recommendations			
This leaflet was issued by: (Physiotherapist name and contact details)		This leaflet was issued on:	

How does the PARI PEP™ work?

PEP stands for Positive Expiratory Pressure. When you breathe out through the PARI PEP™ this causes resistance which keeps your airways open and allows air to get behind the sputum so that it can be cleared more easily.

The PARI PEP™ can be used with a mouthpiece or mask. Your physiotherapist should show you how to assemble the PARI PEP™. You will notice that the adjusting ring has a series of different sized holes around it. Your physiotherapist will assess and choose the right sized hole for you to blow through.

The hole size chosen for you is: _____

PARI PEP™ system



Picture courtesy of PARI Medical Ltd

How to carry out your PEP treatment:

- Take any inhalers or nebulisers to prepare your airways before airway clearance (as prescribed).

Position for use _____

- Put the mouthpiece of the PEP between your teeth and close your lips around it, making sure there is a good seal (your physiotherapist will recommend that you wear a nose clip).
- Have relaxed normal breathing prior to starting treatment.
- Take a slightly bigger than normal breath in through your mouth, hold your breath for _____ seconds, and then breathe out through the PEP. Your breath out should be longer than your breath in. Aim for a pressure of _____ cmH₂O if you have a manometer connected.
- Repeat for _____ breaths.
- Complete _____ huffs as directed. Try to clear your sputum and not swallow it.
- Repeat the steps above _____ times or for _____ minutes or until your chest feels clear. You should have a period of relaxed breathing in between each cycle before continuing.
- Take any inhalers or nebulisers after your airway clearance (as prescribed).

Always take your PARI PEP™ with you if you are admitted to hospital. Treatment with the PARI PEP™ should be initiated by your physiotherapist who will instruct you with the correct technique.

Remember to do daily physical exercise as well, as this will help you move sputum from deep within your lungs and is important for helping you stay fit and healthy.

Precautions

Do not use your PEP if:

- your device appears to be damaged.
- you notice any blood in your sputum, suddenly have chest pain or become breathless, stop using the PEP immediately and contact your CF team or seek emergency help.

The PEP may not be suitable if you have a history of the following:

- recent sinus surgery
- nose bleeds
- recurrent haemoptysis (coughing up blood)
- pneumothorax (collapsed lung)

If you're unsure about any of these, speak with your physiotherapist before carrying out the treatment. Your physiotherapist will review your technique with the PEP at regular intervals.

Proper cleaning of your device is essential, please ask your physiotherapist for their local guideline or follow manufacturers guidelines.

This leaflet should only be used if it has been given to you by your physiotherapist, who will have decided if this is a suitable treatment for you to undertake. Do not use this leaflet without first consulting with your physiotherapist.

The information on this leaflet is based on clinical best practice and consensus of opinion by physiotherapists within the ACPCF. For a detailed review of the evidence for this technique, please review the 'Standards of Care and Good Clinical Practice for the Physiotherapy Management of Cystic Fibrosis' 2017. Third edition. To view our consensus documents please visit cysticfibrosis.org.uk/publications.

The Cystic Fibrosis Trust provides information about cystic fibrosis through our factsheets, leaflets and other publications. Most of our publications can be downloaded from our website or ordered from our helpline.

Our helpline can help you with a range of issues, no matter how big or small. Our trained staff can provide a listening ear, practical advice, welfare/benefits information or direct you to other sources of support. The helpline is open Monday to Friday, 9am–5pm, and can be contacted on 0300 373 1000 or at helpline@cysticfibrosis.org.uk.

For more information about the Association of Chartered Physiotherapists interested in Cystic Fibrosis please contact ACPCFmembership@gmail.com.