

The Active Cycle of Breathing Technique (ACBT)

This leaflet is to assist patients who have difficulty clearing secretions (sputum). This will supplement the advice your physiotherapist will give you on how to clear your secretions effectively. ACBT is a set of breathing exercises to help mobilise and clear sputum from your chest more easily, you will be shown how to do this by your Physiotherapist.

You may need to do ACBT once or twice a day. When you have more sputum, you may need to do more frequent sessions. It is beneficial to continue with ACBT to move sputum even if you do not clear any sputum.

It is important to clear your chest to reduce the risk of further infections or worsening of your respiratory condition.

1. Breathing Control

- Find a comfortable position.
- Keep your shoulders relaxed.
- Breathe in gently through your nose or mouth.
- Breathe out through your mouth, you can use 'pursed lipped breathing' if you have been taught this by the Physiotherapist.
- Rest a hand on your stomach so you can feel the rise with a breath in and fall with a breath out.

2. Deep Breathing

- Relax your shoulders, take a long, slow, deep breath in.
- Hold your breath for about 2 to 3 seconds, before breathing out.
- Breathe out gently, like a sigh.
- Rest a hand on your stomach so you can feel the rise with a breath in and fall with a breath out.

3. Huff

- Take a breath in, force air quickly from your lungs, through an open mouth, as if you were trying to mist up a mirror or your glasses.
- A huff should not cause wheezing or tightness in your chest.



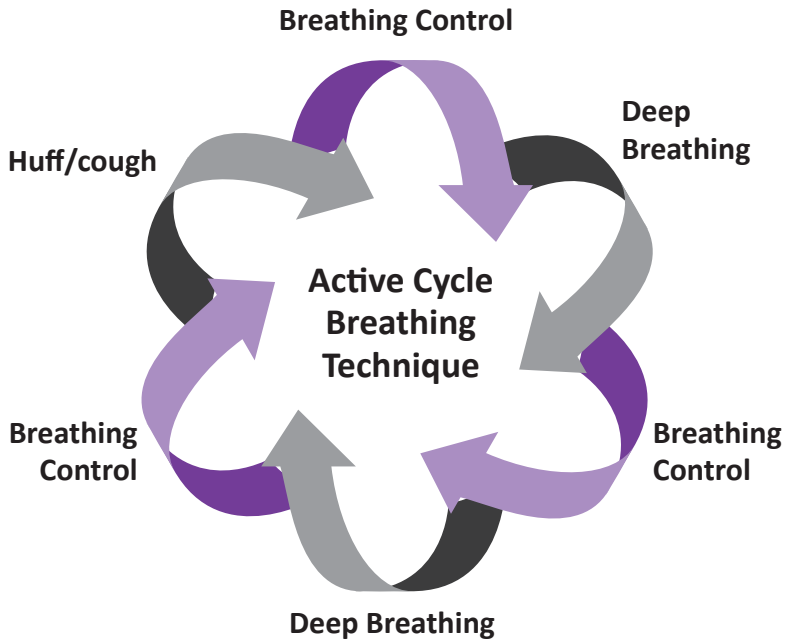
4. Cough

- Huffing should help clear your sputum, if it doesn't you may need to cough.
- Try to avoid long bouts of coughing as these can be very tiring, may make you feel breathless, or cause your throat and chest to become sore or tight.

Contact details:

Bassetlaw Hospital, Tel: 01909 500990 ext 2311.

Doncaster Royal Infirmary, Tel: 01302 366666 ext 3810.



Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk