



BREATHE EASY-BEDSIDE SPIROMETRY



INTRODUCTION AND BACKGROUND

An incentive spirometer is a device used to help the patients to keep lungs healthy postoperatively or when patient having lung illness such as pneumonia

Abdominal Surgical Procedures are associated with a high risk of postoperative pulmonary complications.



The effect of incentive spirometry compared to no therapy or physiotherapy, including coughing and deep breathing on all cause postoperative pulmonary complications and mortality in adult patients admitted to hospital for abdominal surgeries

Clinical Tips: If Patient has a surgical cut (incision) in chest or abdomen, may need to hold a pillow tightly to your belly while breathing in.

A piece in the incentive spirometer will rise as you breathe in.

Try to get this piece to rise as high as you can.

Usually, there is a marker placed by your doctor that tells you how big of a breath you should take.

How to Use

Sit up and hold the incentive spirometer.

Place the mouthpiece of the incentive spirometer in your mouth. Make sure you make a good seal over the mouthpiece with your lips.

Breathe out (exhale) normally.
Breathe in (inhale) SLOWLY.

References:

Global Initiative for Chronic Obstructive Lung Disease (GOLD). (2010). "Spirometry for healthcare providers" [Online]. Accessed October 2017
Kacmarek, R. M., et al. (2017). Egan's fundamentals of respiratory care (11th ed.). St Louis, MO: Mosby.