

Bucks Integrated Respiratory Service (BIRS)

A patient's guide to the Active Cycle of Breathing Technique (ACBT)

What is the Active Cycle of Breathing Technique (ACBT)?

A simple cycle of breathing exercises to:

- Loosen and clear mucus (secretion, sputum or phlegm) from your lungs.
- Improve ventilation in the lungs.
- Maintain the health of your lungs.

Why have I been given this patient advice sheet

This patient advice sheet is to remind you of what you have learned from your physiotherapist or respiratory nurse.

Components of ACBT

Firstly, find a comfortable position. Leaning slightly forward or sitting upright in a chair are good positions. Relax your neck, upper chest, shoulders and arms.

Breathing Control – Relaxed breathing

- Relaxed, normal breathing, using your diaphragm (tummy).
- Aim to feel your tummy gently rise as you breathe in and fall as you breathe out.
- Breathe in and out through your nose, quietly, if you can.
- Do breathing control for as long as you need too, (say 20-30 seconds?) if you are more breathless you may need to do this for longer until your breathing settles.

Deep Breaths

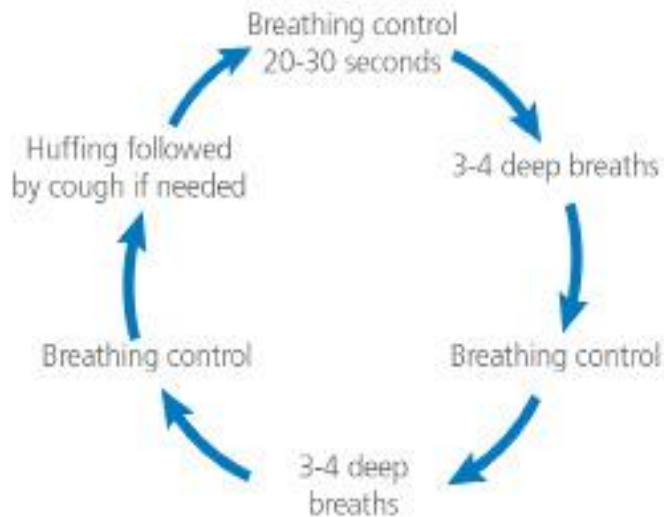
- Deep breaths help you get air behind the mucus.
- Take a deep breath in, slowly through your nose.
- Breathe out gently through your mouth.
- Sometimes it is helpful to hold your breath for 2-3 seconds at the end of the breath in, before breathing out.

Huffing

- A huff is exhaling through an open mouth and throat instead of coughing.
- It helps move sputum up the airways.
- Take a breath in through your nose then imagine you are trying to steam up a mirror in front of you – exhale forcefully through an open mouth.
- Rest/perform breathing control after each huff.

Patient advice sheet

The Active Cycle of Breathing



Cough

- You may not need to cough if huffing is successful.
- If you feel your secretions are loosened then try a cough to clear your secretions.

Repeat the cycle for about 10 minutes until your chest feels clear of sputum or until you are tired and need to rest. If you have more mucus you may need to repeat the cycle for longer than 10 minutes.

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

Patient advice sheet

How can you help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

এই তথ্যে সাহেজ পড়া যায় অথবা বৃহৎ চিত্রের মত বিক; ফরম্যাট পাওয়া যাবে, এবং অনুরোধে অন্যান্য ভাষায়ও পাওয়া যেতে পারে। আমরা তথ্যের জন্য আপনার চিকিৎসককে হোমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya buyuk baskilar gibi alternatif bicimlerde sunulabilir, ve talep uzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi icin klinik ekibinizle irtibata gecin.

یہ معلوم ات متبادل فارم یٹس می ن دت سیا ب کی جا سکت ی ہی ن ، جی س اکھ پھڑن ے می ن آ اسن ی ا ب اڑ پ ن رٹ اور درخو است پر م تبادل ز بانوں م یں بھی دس تیا ب ہو سکتی ہیں۔ مزید معلومات کے لیے ے ، اپنی کیلنکل ٹیم سے بات کریں۔