

How to use a cough assist machine (Nippy Clearway)

Information for children, families and carers

We have given you this factsheet because your child has been given a cough assist machine to help aid and support their breathing as part of their medical treatment. It explains how to use and care for your child's cough assist machine at home. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

Setting up the cough assist machine

The cough assist machine is made up of a circuit that includes:

- a machine
- circuit tubing
- a bacterial filter
- a face mask

The photo below shows the cough assist machine circuit.



Using the cough assist machine

How to turn it on

To turn the cough assist machine on, you will need to follow the steps below:

1. Connect the different parts of the circuit (as shown on page 1). One end of the circuit tubing connects directly to the machine and the other end connects to the bacterial filter, which then connects to the face mask.
2. Plug the machine into a power socket.
3. Press the power button to turn the machine on.
4. Press the start/stop button to begin the treatment.

Please follow your child's physiotherapy plan.

How to turn it off

To turn the cough assist machine off, you will need to follow the steps below:

1. Press the power button.
2. Press the power button again to confirm you are switching off the machine.
3. Unplug the machine from the power socket.
4. Disconnect the different parts of the circuit so they can be cleaned.

Cleaning and looking after the cough assist machine

It is important that you keep your child's cough assist machine clean and dry to prevent germs from breeding and to maintain good working order.

Machine

- Make sure the machine is unplugged from the power socket and then wipe clean with a mild detergent.

Circuit tubing

- Clean the circuit tubing with warm, soapy water after each use.
- Leave it to air dry.
- Replace the circuit tubing once a month.

Bacterial filter

- If the bacterial filter is dirty, remove it from its enclosure and clean with warm, soapy water. Leave it to air dry before returning it to its enclosure.
- Replace the bacterial filter once a week (or before if your child has been unwell).

Face mask

- Clean the face mask with warm, soapy water after each use.
- Leave it to air dry.
- If the face mask is damaged (for example, there is a crack in the cushioning), it will need to be replaced. Please contact your child's community nursing team to arrange this.

For more information about looking after the cough assist machine, please read the manufacturer's leaflet that comes with the machine.

Servicing the cough assist machine

We will arrange for the cough assist machine to be serviced on a yearly basis. The date of the next service is written on the machine.

Contact us

If you have any questions or concerns about your child's cough assist machine, please contact us.

Children's respiratory physiotherapy team

Telephone: **023 8120 4560** (Monday to Friday, 8am to 5pm)

Email: paedsrespphysio@uhs.nhs.uk

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