

## Cough Assist

The cough assist is a machine that can help you clear sputum from your lungs. The aim of the treatment is to help you take a deep breath, followed by a strong cough, in order for you to clear secretions from your lungs. This can help when your cough is weak, or if you are unable to take a deep breath.

The cough assist is usually used via a facemask covering your nose and mouth. As you breathe in, the cough assist will deliver additional air to ensure your breath is big enough. When you breathe out the cough assist helps you breathe out quickly or even cough to clear the secretions, it may feel like a gentle “sucking” sensation. The settings of the cough assist will be set by your physiotherapist, they can be used to alter the size of the deep breath and cough.

The cough assist is considered to be an adjunct to respiratory physiotherapy and is not used for every patient. The cough assist is ideal for patients with large amounts of sputum in their lungs, and patients who are unable to create a strong cough, unable to mobilise and unable to take a deep breath.

