

Section: Division of Nursing
Approval: _____

* **PROCEDURE** *

Index: 6170.041a
Page: 1 of 1
Issue Date: July 16, 1990
Revised Date: February, 2008

HACKETTSTOWN REGIONAL MEDICAL CENTER

Originator: P. Carpenito, RN
Revised by: M. Hoffman, RNC

NEWBORN SERVICES
(Scope)

TITLE: CHEST PHYSIOTHERAPY

PURPOSE: To outline procedure to augment secretion removal.

- SUPPORTIVE DATA:**
- A. Chest physiotherapy for the premature or term infant is to improve airway clearance, thereby increasing the diameter of the airways and reducing the work of breathing.
 - B. Physician's order for chest percussion or vibration. Patients with following conditions are candidates for CPT:
 - 1. Hyaline membrane disease
 - 2. Meconium aspiration syndrome
 - 3. Neonatal pneumonia
 - 4. Broncho-pulmonary dysplasia
 - 5. Transient tachypnea of the newborn
 - 6. Respiratory problems secondary to CNS depression
 - 7. Genetically transmitted disorders/cystic fibrosis
 - 8. Bacterial pneumonia
 - 9. Viral pneumonia
 - 10. Aspiration pneumonia
 - 11. Neuromuscular disease
 - C. Precautions: Do not use positional rotation, postural drainage, chest percussion or vibration for the following patient diagnosis:
 - a. Unstable cardiovascular status
 - b. Unstable oxygenation status (may proceed if continuous transcutaneous monitoring available)
 - c. Coagulopathy
 - d. Subcutaneous emphysema
 - e. Intraventricular hemorrhage
 - f. Increased irritability of infant
 - g. Bradycardia developing
 - h. Increased respiratory distress with chest percussion or vibration.

EQUIPMENT:
1. Percussion device
2. May use newborn O2 mask

CONTENT: **PROCEDURE STEPS:**
1. Bassinet - Infant on back.

2. Positional rotation

3. Chest percussion and vibration - minimum 3-5 minutes every 4 hours. Acute cases every 1-3 hours. Use percussion device.

KEY POINTS:

Frequent (every hour) changing of positions can help to avoid or treat pooling of secretions.

Firm, non-painful and rhythmic fashion. Most congested areas first followed by less involved area.

DOCUMENTATION Document in nursing notes in computer.