

Prescribing Protocols for Frequencies and Time Intervals

The SmartVest[®] Airway Clearance System utilizes a technique known as High Frequency Chest Wall Oscillation (HFCWO) to mobilize respiratory secretions and assist in airway clearance. While many studies have shown HFCWO to be effective over a wide range of frequencies, the most commonly used are between 8 Hz and 15 Hz. In general, most protocols will use several different frequencies, each for a 5 to 10 minute interval with a period of active huffing and coughing between each interval. The goal is to mobilize the secretions with the pulsing and expel the secretions by huffing and coughing (or suctioning for a non-participatory patient).

Pulsation frequency and duration may vary depending on the condition of the patient and the degree of airway clearance therapy needed.

Each patient will be trained to use the individualized protocol prescribed by his or her physician. If a physician prefers to prescribe a standard protocol, the patient will be trained in the following program designed for use by relatively strong patients with aggressive airway clearance needs, such as those with Cystic Fibrosis (CF) or Bronchiectasis.

Standard Protocol

Tx/day	2
Frequencies	10-16 Hz
Duration (Min/Freq)	10 minutes, followed by huff and cough
Minimum use/Day	15 minutes