



Prescribing Protocols For Frequencies & 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 for 5 to 10 minute intervals 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 be varied depending on the condition of the patient and the degree of airway clearance need.

Each patient will be trained to use the individualized protocol prescribed by you. However, if you prefer to prescribe the standard protocol, the patient will be trained in the following program, designed for use by relatively strong patients with aggressive airway clearance needs, as with cystic fibrosis or bronchiectasis.

Standard Protocol

Frequency	Duration
10 Hz	10 minutes, then huff and cough
12 Hz	10 minutes, then huff and cough
14 Hz	10 minutes, then huff and cough