



## Selecting Pressure Settings

The SmartVest<sup>®</sup> Airway Clearance System allows adjustment of the pressure or “hug” of the vest with the pressure control dial. The patient or caregiver is able to tailor the pressure to accommodate for changes in the user’s condition or tolerance for High Frequency Chest Wall Oscillation (HFCWO). **In general, it is preferable to use the SmartVest<sup>®</sup> System with the highest pressure setting that creates a firm “hug” but is still comfortable for the patient.**

The SmartVest<sup>®</sup> System incorporates unique design features which aid in the transition period during the patient’s introduction to HFCWO therapy. First, Soft Start<sup>®</sup> technology gradually increases pressure as the vest fills. Second, the pressure control dial can be turned down to reduce pressure for the first few minutes or treatments if necessary. After the patient becomes familiar with the feel of HFCWO, the pressure should be increased until the voice sounds “choppy”. Have the patient say “eee...” while the vest is pulsing and listen for a vibratory characteristic in their voice. This sound indicates that the SmartVest<sup>®</sup> treatment is creating repetitive airflows to mobilize secretions in the airways.

Lower pressure is achieved by turning the knob counter-clockwise towards 10 and higher pressure by turning the knob clockwise towards 100. *These values do not refer to any specific units of measure.* Most patients and clinicians find that a pressure setting range of 30-40 achieves an effective and comfortable “hug.” Some patients also find higher pressure at lower frequencies and reduced pressure at elevated frequency settings to be appropriate. **The key is to keep the pressure at a level that is comfortable for the patient and creates repetitive airflows to mobilize secretions.**