



How to Do an Assisted Cough

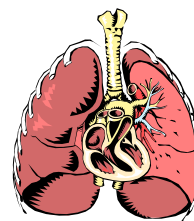
WHY IS ASSISTED COUGHING IMPORTANT?

1. It will help prevent respiratory (lung) infections.
2. It will help to clear mucus from your lungs.
3. It will help make your cough stronger.



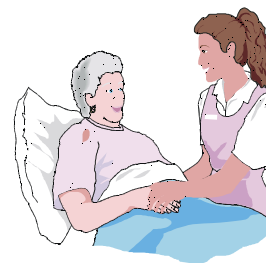
WHEN DO I DO AN ASSISTED COUGH?

1. When you hear or feel mucus in your chest.
2. Before meals, when your stomach is empty.



WHAT WILL I NEED TO DO AN ASSISTED COUGH?

1. Tissues.
2. An assistant (person) to help you cough.



WHERE DO I DO AN ASSISTED COUGH?

1. In bed.
2. In a wheelchair.
Make sure the back wheels are locked and braced against a wall.



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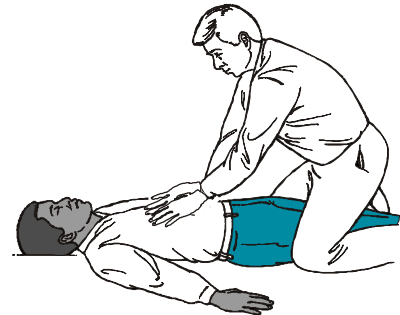
Rancho Los Amigos National Rehabilitation Center

Nursing Department • 7601 E. Imperial Highway • Downey, CA 90242

Phone: 562-401-6211 • FAX: 562-803-6231 • <http://www.rancho.org>

HOW DO I DO AN ASSISTED COUGH?

1. Your assistant places his hands over your stomach, just below the ribs.
2. You take a deep breath.
3. Your assistant pushes in and upward toward the ribs as you cough.
4. Spit any mucus you coughed up into the tissue.
5. Throw the tissue away.



HOW DO I KNOW IF SOMETHING IS WRONG?

1. Your stomach gets upset or you throw up.
2. You have an increase in mucus, it turns thick, or it changes color.

WHAT DO I DO IF SOMETHING IS WRONG?

1. If your stomach gets upset or you throw up, make sure your assistant has his hands spread when he pushes in. Also, ask him not to push as hard.
2. If you have an increase in mucus, or it turns thick, or it changes color, you may have a respiratory infection.
 - Start doing postural drainage at least 2 times a day (See How to Do Postural Drainage).
 - Do an assisted cough every 2 hours while you are awake.
 - Drink at least 3 quarts of fluid a day.



3. If you have tried but the problem is still there,
call: _____ **Monday - Friday, 8:00 AM - 4:00 PM.**
At nights, on weekends, and Holidays call: **(562) 401-7111.**

Disclaimer: Information presented on this page is for specific health educational purposes only. Persons should consult qualified health professionals regarding specific medical concerns or treatment. Each clinician caring for the patient is responsible for determining the most appropriate care.

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