

Rapid Review

Important Points to Remember:

- Incentive spirometers are to be sent home with ALL patients.
- Incentive Spirometers should be used several times an hour.
- Spirometers can help improve lung function, reduce mucus buildup, strengthen lungs during extended rest, and lower the chance of developing lung infections.

Incentive Spirometers

RATIONALE: To ensure staff are sending patients home with the correct supplies to allow patients to continue to improve their health.



How to Use the Incentive Spirometer:

1. Have the patient sit up as tall as they can.
2. Holding the incentive spirometer upright, the patient should seal their lips around the mouth piece.
3. Instruct the patient to breathe in slowly and as deeply as possible.
4. Have them hold their breath for at least 5 seconds.
5. After at least 5 seconds, have the patient exhale slowly.
6. Slide the yellow indicator to the patient's best effort to show the goal and adjust as necessary.