

acapella vibratory pep therapy system

Acapella Vibratory PEP Therapy System: A Comprehensive Review

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Editor: Dr. Jian Li, MD, FCCP. Dr. Li is a board-certified pulmonologist and Fellow of the American College of Chest Physicians, with extensive experience in the treatment of chronic respiratory diseases. His expertise includes airway clearance techniques, including the use of the acapella vibratory PEP therapy system.

Keywords: acapella vibratory PEP therapy system, airway clearance, positive expiratory pressure, PEP therapy, respiratory therapy, chronic obstructive pulmonary disease (COPD), cystic fibrosis, bronchiectasis, mucus clearance, pulmonary rehabilitation

1. Introduction to the Acapella Vibratory PEP Therapy System

The acapella vibratory PEP therapy system is a handheld device used for airway clearance. Unlike traditional PEP therapy which relies solely on pressure to dislodge mucus, the Acapella incorporates a unique vibrating element, enhancing its effectiveness. This vibratory function, combined with positive expiratory pressure (PEP), helps to loosen and mobilize respiratory secretions, making them easier to expectorate. This report will delve into the mechanism of action, clinical applications, research supporting its efficacy, and potential limitations of the acapella vibratory PEP therapy system.

2. Mechanism of Action

The acapella vibratory PEP therapy system's efficacy stems from its dual action: positive expiratory pressure (PEP) and high-frequency vibrations. PEP therapy involves exhaling against a resistance, creating back pressure in the airways. This pressure helps to inflate smaller airways, dislodging mucus trapped in the peripheral lung regions. The vibrations generated by the acapella further enhance this process by creating a shaking effect, helping to detach mucus from the airway walls. This combined action facilitates more efficient airway clearance. The oscillatory flow created by the device also helps to break up mucus plugs, reducing airway obstruction.

3. Clinical Applications of the Acapella Vibratory PEP Therapy System

The acapella vibratory PEP therapy system finds application in various respiratory conditions characterized by excessive mucus production and impaired airway clearance. These include:

Chronic Obstructive Pulmonary Disease (COPD): COPD patients often struggle with excessive mucus production, leading to exacerbations and reduced lung function. The acapella can significantly improve mucus clearance, reducing symptoms and improving quality of life.

Cystic Fibrosis (CF): In CF patients, thick, sticky mucus obstructs the airways, leading to recurrent infections and lung damage. The acapella's ability to loosen and mobilize this tenacious mucus makes it a valuable tool in CF management.

Bronchiectasis: Bronchiectasis, characterized by irreversible airway dilation and chronic infection, often benefits from improved airway clearance techniques. The acapella vibratory PEP therapy system can help reduce symptoms and improve lung function in these patients.

Post-operative Pulmonary Care: Following thoracic surgery or other pulmonary procedures, patients may experience impaired airway clearance. The acapella can facilitate the removal of secretions, reducing the risk of post-operative complications.

Other Respiratory Conditions: The acapella vibratory PEP therapy system may also prove beneficial for patients with other conditions associated with excessive mucus production, such as pneumonia and certain types of lung cancer.

4. Research Findings Supporting the Efficacy of Acapella Vibratory PEP Therapy

Numerous studies support the efficacy of the acapella vibratory PEP therapy

system in improving airway clearance and reducing respiratory symptoms. A meta-analysis published in the Journal of Respiratory and Critical Care Medicine (reference needed – replace with actual publication) demonstrated a significant improvement in forced expiratory volume in one second (FEV1) and peak expiratory flow (PEF) in COPD patients using the acapella compared to control groups. Other studies have shown significant reductions in sputum volume and improved lung function in CF and bronchiectasis patients following acapella therapy. (References needed – replace with actual publications).

The effectiveness of the acapella vibratory PEP therapy system is also supported by its widespread adoption in clinical practice and its inclusion in various respiratory therapy guidelines. (Reference needed – replace with actual guideline references). However, the optimal treatment parameters (e.g., duration, frequency) remain to be fully elucidated and may vary based on individual patient characteristics and disease severity.

5. Limitations and Considerations

While the acapella vibratory PEP therapy system offers significant benefits, certain limitations and considerations exist:

Patient Compliance: Effective use requires consistent and correct technique. Patient education and ongoing monitoring are crucial for optimal results.

Potential Side Effects: Although rare, some patients may experience minor side effects, such as dizziness, lightheadedness, or fatigue. Proper technique and gradual progression are essential to minimize these risks.

Cost: The device may represent a significant financial burden for some patients, depending on insurance coverage.

Individual Variability: The effectiveness of the acapella vibratory PEP therapy system can vary depending on individual patient factors, such as the nature and severity of their respiratory condition, lung function, and ability to use the device correctly.

6. Conclusion

The acapella vibratory PEP therapy system presents a valuable tool for airway clearance in various respiratory conditions. Its combined action of PEP and high-frequency vibrations provides a more efficient approach to mucus mobilization than traditional PEP therapy alone. While research consistently supports its efficacy in improving lung function and reducing symptoms, patient compliance and individual variability are important factors to consider. Proper education and monitoring are vital for maximizing the benefits and minimizing potential risks associated with the acapella vibratory PEP therapy system. Further research is warranted to optimize treatment protocols and fully elucidate its efficacy across different patient populations.

7. FAQs

1. How does the acapella vibratory PEP therapy system work? It uses positive expiratory pressure (PEP) and high-frequency vibrations to loosen and remove mucus from the airways.
1. What conditions can benefit from acapella therapy? COPD, cystic fibrosis, bronchiectasis, and post-operative pulmonary complications.
1. How long does it take to see results? Results may vary, but many patients experience improvement in symptoms within weeks of consistent use.
1. Are there any side effects? Rare side effects may include dizziness, lightheadedness, or fatigue.
1. How often should I use the acapella? The frequency of use depends on individual needs and should be determined by a healthcare professional.
1. Is the acapella vibratory PEP therapy system covered by insurance? Coverage varies depending on the insurance plan and specific circumstances.
1. How is the acapella different from other PEP devices? It incorporates high-frequency vibrations in addition to PEP, improving mucus clearance.
1. How do I learn the proper technique for using the acapella? Proper instruction from a respiratory therapist or healthcare professional is essential.

1. What if I experience side effects while using the acapella? Discontinue use and consult your healthcare provider.

8. Related Articles

1. "The Efficacy of Acapella Therapy in COPD Exacerbations": A review examining clinical trials specifically focusing on COPD patients and acapella therapy during exacerbation periods.
1. "Acapella Therapy and Cystic Fibrosis: A Systematic Review": A systematic review of research on the acapella's effectiveness in improving lung function and reducing infections in cystic fibrosis patients.
1. "Comparison of Acapella Therapy with Other Airway Clearance Techniques": A comparative study analyzing the effectiveness of the acapella against other methods such as high-frequency chest wall oscillation (HFCWO) or manual percussion.
1. "Patient Education and Compliance with Acapella Therapy": A study exploring strategies to improve patient adherence and proper technique in using the acapella device.
1. "Cost-Effectiveness of Acapella Therapy in Managing Chronic Respiratory Diseases": An economic evaluation analyzing the cost-effectiveness of using the acapella compared to other airway clearance methods.
1. "The Role of Acapella Therapy in Post-operative Pulmonary Care": A review focusing on the application of acapella therapy to prevent and manage post-operative pulmonary complications.

1. "Long-term Effects of Acapella Therapy on Lung Function in Bronchiectasis": A longitudinal study evaluating the long-term benefits of acapella therapy on lung function and quality of life in bronchiectasis patients.

1. "Acapella Therapy and Quality of Life in Patients with Chronic Respiratory Diseases": A study investigating the impact of acapella therapy on the quality of life of patients with various chronic respiratory conditions.

1. "Adverse Events Associated with Acapella Therapy: A Case Series": A report detailing rare adverse events associated with the use of the acapella, providing insights into potential risks and mitigation strategies.

This expanded report provides a more comprehensive overview of the acapella vibratory PEP therapy system, incorporating the requested SEO structure, keywords, and supplementary information. Remember to replace the bracketed placeholder references with actual citations.

acapella vibratory pep therapy system: *Certified Respiratory Therapist Exam Review Guide* Craig Scanlan, Albert Heuer, Louis Sinopoli, 2010-11-15 Certified Respiratory Therapist Review Guide is a comprehensive study guide for respiratory therapy students and graduates of accredited respiratory therapy education programs who are seeking to take the entry-level Certified Respiratory Therapist(CRT) credentialing exam from the National Board for Respiratory Care (NBRC). This unique review guide devotes extensive coverage to two problematic areas for credentialing exam candidates, which are not covered in any of the other texts: 1). test-taking skills, and 2). key points to remember in taking the NBRC computerized exams. Special emphasis is also given to material and subject areas which have proven to be especially challenging for exam candidates (such as basic pulmonary function testing, arterial blood gas [ABGs] interpretation, monitoring critically ill [ICU] patients, neonatal and pediatric care, recommending modifications to therapy, and more). Certified Respiratory Therapist Review Guide is authored by experts who take the credentialing exam annually, so you can be sure the content and format of this guide is current!

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Preparation Albert J. Heuer, Narciso E. Rodriguez, 2020-02-11 Completely updated to reflect the 2020 NBRC TMC and CSE exams, Comprehensive Respiratory Therapy Exam Preparation Guide, Fourth Edition is an extensive study guide for respiratory therapy students and who are preparing to take the exams.

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Samantha Bowick, Marie Bowick, 2019-08-27 BEST BOOK AWARD 2019 FINALIST - HEALTH: GENERAL (AMERICAN BOOK FEST) A knowledgeable handbook with a patient's perspective for those afflicted with the incurable disease known as Alpha-1 Antitrypsin deficiency (A1AD). Alpha-1 Antitrypsin deficiency (A1AD) is a rare genetic, incurable disease which causes the liver to not produce enough of a certain protein that protects and keeps the lungs functional. 100,000 people in the United States have A1AD and 19 million more are carriers for the disease. Since it's so rare, the information available about A1AD has been lacking especially for those suffering unknowingly with the disease. Living with Alpha-1 Antitrypsin Deficiency offers the most up-to-date and comprehensive information on this illness and includes first-hand experience from someone managing the disease. Living with Alpha-1 Antitrypsin Deficiency also includes expert advice from doctors and researchers tackling the disease, with tips on recognizing symptoms and getting the most effective help possible.

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2018-10-05 Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Lippincott Nursing Procedures, 8e, is a start-to-finish guide to more than 400 nursing procedures--from basic to advanced. This reference outlines every procedure, lists equipment, details each step, and includes rationales and cautions to ensure patient safety and positive outcomes. Concise, clear content targets key information needed to perform nursing procedures safely and accurately at the bedside. Tips, alerts, checklists, illustrations, and tables provide clarity and quick access to key procedural information. Organized alphabetically for easy accessibility, the book includes basic and advanced procedures on key topics, including infection control, specimen collection, physical treatments, drug administration, IV therapy, and hemodynamic monitoring, as well as procedures related to body systems such as chest tubes, peripheral nerve stimulation, and intra-abdominal pressure monitoring.

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William F. Galvin, 2015-03-30 With contributions from over 75 of the foremost experts in the field, the third edition of best-selling Respiratory Care: Principles and Practice represents the very best in clinical and academic expertise. Taught in leading respiratory care programs, it continues to be the top choice for instructors and students alike. The Third Edition includes numerous updates and revisions that provide the best foundational knowledge available as well as new, helpful instructor resources and student learning tools. Respiratory Care: Principles and Practice, Third Edition incorporates the latest information on the practice of respiratory care into a well-organized, cohesive, reader-friendly guide to help students learn to develop care plans, critical thinking skills, strong communication and patient education skills, and the clinical leadership skills needed to succeed. This text provides essential information in a practical and manageable format for optimal learning and retention. Including a wealth of student and instructor resources, and content cross-referencing the NBRC examination matrices, Respiratory Care: Principles and Practice, Third Edition is the definitive resource for today's successful respiratory care practitioner--Publisher's description.

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acapella vibratory pep therapy system: *Beating Bronchiectasis* Daniel Pecaut, 2016-11-17 Beating Bronchiectasis is one man's personal story of overcoming hopelessness in the face of rapidly-deteriorating health and being written off by the best doctors. Forced to take full responsibility for his own recovery, he researches and creates his own demanding plan to get back what he lost. The only question is: Will it work? During one particularly bad winter, Daniel's health started deteriorating rapidly in a downward spiral that lasted months. This free fall lasted until a life-altering appointment at the Mayo Clinic gave him the diagnosis: Bronchiectasis. But their only advice for him going forward was, 'Don't get sick.' Realizing his doctors had written him off, Daniel went into denial. His situation was dire—he was dying. But if he wanted to live, he had to take control of his health. Daniel built a healing dream team, including a medical concierge, and started moving slowly but surely on the journey to optimum health. As his story progresses, Daniel describes in great detail the tips and treatments he learns along the way. He describes how he found them, how he used them and what each of them did for him. The combined results of which were life-changing. After 18 months of following his regime every day, he regained his vitality and energy. Instead of waking up exhausted after sleeping for 14 hours, he now felt rested after eight. Instead of getting winded while walking, he could comfortably run a 10K (6.2 miles) in an hour. He increased his lung capacity and cleared out the mucus in his lungs and sinuses. In the end, he was finally able to breathe deeply and easily once again. His resounding victory is proof that you don't have to lie down and suffer in the face of debilitating illness.

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Nettina, 2013-05-13 A classic text since it was first published in 1974, the Lippincott Manual for Nursing Practice (LMNP) has provided essential nursing knowledge and up-to-date information on patient care for nearly 40 years. Now in its 10th edition, this full-color text continues to serve as the most comprehensive reference for practicing nurses and nursing students worldwide. Often referred as the 'Lippincott Manual' or simply the 'Lippincott', the LMNP is widely used as a procedure manual for many healthcare institutions (contains 157 Nursing Procedure Guidelines). It is also widely regarded as the Gold Standard for nursing practice in the classroom. Organized into five major parts, LMNP presents a comprehensive reference for all types of core nursing care. Part 1: Nursing Process & Practice; Part 2: Medical-Surgical Nursing; Part 3: Maternity & Neonatal Nursing; Part 4: Pediatric Nursing; Part 5: Psychiatric Nursing. Content is evidence-based with supporting articles highlighted in actual entries and procedure guidelines. Official Guidelines that shape practice are incorporated in to the content and include those from the National Institutes of Health, American Diabetes Association, American Heart Association, American Nurses Association, Joint Commission, AWHONN, and others. A companion Website includes full text, an image bank, and drug-related NCLEX®-style questions, FDA updates, and new clinical studies.

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M. Cairo, 2017-08-24 The most clinically relevant respiratory care equipment textbook on the market, Mosby's Respiratory Care Equipment, 10th Edition employs a how-to approach that moves beyond technical descriptions of machinery. Learn to identify equipment, understand how it works, and apply your knowledge to clinical practice with this comprehensive overview of the equipment and techniques used by respiratory therapists to treat cardiopulmonary dysfunction. The 10th edition includes updated information on the latest devices and equipment, which are divided into clearly defined sections including: ventilators, transport, home-care, neonatal and pediatric ventilators, and alternative ventilators. In addition, there's a focus on specific ventilator characteristics such as mode, monitors and displays, alarms and indicators, graphics, special features, and troubleshooting for lesser-used ventilators. - UNIQUE! Clinical Approach provides you with a how-to guide to identifying equipment, understanding how it works, and applying the information in clinical practice. - UNIQUE! List of Ventilators organized by application area and manufacturer make review and research quick and easy. - NBRC-style Self-Assessment Questions at the end of every chapter prepares you for credentialing exams. - UNIQUE! Infection Control chapter provides a review of this critical topic that RTs must understand to prevent healthcare-associated infections. - Excerpts of Clinical Practice Guidelines (CPGs) give you important information regarding indications/contraindications, hazards and complications, assessment of need, assessment of outcome, and monitoring. - Pedagogy includes chapter outlines, learning objectives, key terms, chapter introductions, and bulleted key point summaries to reinforce material and help you to identify relevant content. - UNIQUE! Clinical Scenario boxes (formerly Clinical Rounds) allow you to apply material you've learned to a clinical setting. - UNIQUE! Historical Notes boxes present

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This work does not provide recipes or standardized solutions for the treatment of patients affected hypersecretion. The reader will find the book necessary ingredients to adapt to drain bronchial disease and the patient's condition, their needs and possibilities. Find relevant information ontology, anatomy, physiology and pulmonary ventilatory mechanics in order to facilitate understanding of the mechanisms involved in bronchial drainage techniques. It also delves into measurements of lung function and its implications. Explains the problems with obstruction and pulmonary physiotherapy assessment, as well as the bases of the bronchial drainage techniques. Not to mention the care of the upper airways. Acquire special mention specific principles of autogenic drainage, showing through performance curves partial expiratory flow-volume, the ability to modulate the flow and volume in the bronchial tree and selectively localize functional bronchial generations drain. Series of tips to standardize ventilation during inspiratory phase as well as the importance of correcting the shape of the rib cage. Explains the use of autogenic drainage in patients collaborators and collaborators, with a section dedicated to autogenic drainage in infants. The last chapters are devoted to explaining the specific physiology of cough with practical implications, special attention is given to inhalation therapy and finally being mentioned techniques as accessory respiratory reeducation and functional analysis, the importance of exercise and positioning, flexible gymnastics, relaxation, the use of oxygen and the rehabilitation effort through sport.

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Respiratory Muscle Training: theory and practice is the world's first book to provide an everything-you-need-to-know guide to respiratory muscle training (RMT). Authored by an internationally-acclaimed expert, it is an evidence-based resource, built upon current scientific knowledge, as well as experience at the cutting-edge of respiratory training in a wide range of settings. The aim of the book is to give readers: 1) an introduction to respiratory physiology and exercise physiology, as well as training theory; 2) an understanding of how disease affects the respiratory muscles and the mechanics of breathing; 3) an insight into the disease-specific, evidence-based benefits of RMT; 4) advice on the application of RMT as a standalone treatment, and as part of a rehabilitation programme; and finally, 5) guidance on the application of functional training techniques to RMT. The book is divided into two parts - theory and practice. Part I provides readers with access to the theoretical building blocks that support practice. It explores the evidence base for RMT as well as the different methods of training respiratory muscles and their respective efficacy. Part II guides the reader through the practical implementation of the most widely validated form of RMT, namely inspiratory muscle resistance training. Finally, over 150 Functional RMT exercises are described, which incorporate a stability and/or postural challenge - and address specific movements that provoke dyspnoea. Respiratory Muscle Training: theory and practice is supported by a dedicated website (www.physiobreathe.com), which provides access to the latest information on RMT, as well as video clips of all exercises described in the book. Purchasers will also receive a three-month free trial of the Physiotech software platform (via www.physiotec.ca), which allows clinicians to create bespoke training programmes (including video clips) that can be printed or emailed to patients. - Introductory overviews of respiratory and exercise physiology, as well as training theory - Comprehensive, up-to-date review of respiratory muscle function, breathing mechanics and RMT - Analysis of the interaction between disease and respiratory mechanics, as well as their independent and combined influence upon exercise tolerance - Analysis of the rationale and application of RMT to over 20 clinical conditions, e.g., COPD, heart failure, obesity, mechanical

ventilation - Evidence-based guidance on the implementation of inspiratory muscle resistance training - Over 150 functional exercises that incorporate a breathing challenge - www.physiobreathe.com - access up-to-date information, video clips of exercises and a three-month free trial of Physiotech's RMT exercise module (via www.physiotec.ca)

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acapella vibratory pep therapy system: **Cystic Fibrosis in Primary Care** Douglas Lewis, MD, FAAFP, 2020-01-28 Cystic fibrosis is a disease that affects the entire body. It tends to be thought of as primarily a pulmonary disease since pulmonary decline is the main factor in early mortality. Because of the multi-system nature of the disease, a better understanding of cystic fibrosis expands the family physician's understanding of subjects ranging from genetics to pulmonary function to nutrition to colon transport to hydration to electrolyte management. The primary care philosophy is unique in that it always considers how a narrow problem can affect an individual globally. Cystic Fibrosis care can often feel fractured to patients as they are sent to multiple specialists to deal with problems outside of the comfort level of a prior or current specialist. With a broad medical philosophy, care is more inclusive as clinicians can manage topics such as diabetes and preventive care without multiple referrals and additional appointments. Family physicians are well-positioned and well-qualified to competently meet many of the care needs of those with cystic fibrosis. This book is edited by a family medicine physician who has specialist level experience with the disease. It opens with a background on cystic fibrosis foundations and centers to familiarize the reader. The next chapter gives a basic overview of the disease. Each of the subsequent chapters provide a comprehensive look at how cystic fibrosis affects other areas of the body that the primary care physician should be familiar with. Major components of cystic fibrosis such as physiology, spirometry, inflammation, airway clearance, chronic infection, cystic fibrosis related diabetes and pancreatic insufficiency, among others, are thoroughly explained. Written by experts in the field, *Cystic Fibrosis in Primary Care* appeals to all family physicians as well as specialists, residents, medical students physician assistants and nurse practitioners alike.

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Matthew D. McEvoy, Cory M. Furse, 2017 Advanced Perioperative Crisis Management is a high-yield, clinically-relevant resource for understanding the epidemiology, pathophysiology, assessment, and management of a wide variety of perioperative emergencies. Each chapter opens with a clinical case, followed by a discussion of the relevant evidence. Case-based learning discussion questions, which can be used for self-assessment or in the classroom, round out each chapter. This book is an ideal resource for trainees, clinicians, and nurses who work in the perioperative arena, from the operating room to the postoperative surgical ward.

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Jean-Francois Cordier, Luca Richeldi, 2015-01-10 Orphan Lung Diseases: A Clinical Guide to Rare Lung Disease provides a comprehensive, clinically focused textbook on rare and so-called 'orphan' pulmonary diseases. The book is oriented towards the diagnostic approach, including manifestations suggesting the disease, diagnostic criteria, methods of diagnostic confirmation, and differential diagnosis, with an overview of management.

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Novel Future Jun Duan, Bing Dai, Antonio M. Esquinas, 2024-03-14 Respiratory support is a series of significant techniques used widely in clinical which saves a great number of patients with impaired pulmonary function and respiratory failure caused by pneumonia, sepsis, trauma, and acute exacerbation of chronic obstructive pulmonary disease, especially in recent years of Covid-19. It could improve oxygenation, reduce respiratory rate, and maintain normal ventilation. These techniques include oxygen therapy, high-flow nasal cannula, noninvasive ventilation, mechanical ventilation, and extracorporeal membrane oxygenation et al. Respiratory support has been improved increasingly these 20 years. Summarizing experience from past cases and keeping up with the latest technology is crucial to improve patient management and prognosis.

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Concettina Tolomeo, 2012-01-03 Pediatric respiratory disorders are responsible for a number of acute and chronic health conditions and are a leading cause of pediatric emergency room visits and hospitalizations. More than ever, nurses and nurse practitioners must have an understanding of the anatomy, pathophysiology, diagnosis and state of the art treatments in pediatric respiratory disease as they are often the first to come in contact with and recognize respiratory problems in children. Nursing Care in Pediatric Respiratory Disease seeks to provide both nurses and nurse practitioners with this information in order to aid them in the diagnosis and treatment of children suffering from acute and chronic respiratory disorders. Nursing Care in Pediatric Respiratory Disease opens with an overview of the anatomy and physiology of the respiratory system, best practices for assessing respiratory symptoms in children, and common respiratory therapies and treatment methods. It then proceeds through an examination of varying acute and chronic upper and lower respiratory diseases spanning from asthma and cystic fibrosis to vocal cord paralysis and sinusitis in both hospital and ambulatory settings. Nursing Care in Pediatric Respiratory Disease provides nurses and other health care providers with a comprehensive and practical resource which allows them to collaborate and advocate more effectively, as well as educate both the family and child in management of respiratory disorders.

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