

# **PEP DEVICES**

## **INFORMATION FOR PARENTS AND CARERS**



### **WHAT IS PEP?**

PEP stands for positive expiratory pressure. It is delivered via a small plastic device consisting of a mask (or sometimes a mouthpiece) a valve and a coloured or numerical resistor. This creates a positive pressure as your child breathes out through the device.

### **HOW DOES PEP WORK?**

- When your child breathes out through the PEP device, this causes a small amount of pressure to build in the airways.
- The pressure holds the airways open, and helps move air in and out of their lungs, and optimises ventilation
- This air flow gets behind and helps to move mucus (secretions) out of your child's lungs, and into their upper airways
- When the secretions are in your child's higher airways, it is easier for them to cough them up
- There are different coloured (sized) resistors available on some devices or different settings. These will change the amount of pressure in your child's lungs. The larger the hole in the resistor, the harder it is to maintain the required pressure. Your child's Physiotherapist will check which colour resistor or numerical setting your child needs to use.

### **HOW OFTEN TO USE PEP**

Your child's Physiotherapist will provide a personalised program detailing how your child should use their PEP device. Some children will use it 1-2 times per day for a few minutes at a time, others may need to use it 3-4 times per day or for shorter sessions.

### **PRECAUTIONS**

Chest pain, shortness of breath or a small amount of blood in the phlegm are often associated with a chest infection, but can also be caused by other complications. This is extremely rare but if it does happen during Physiotherapy, please contact your Physiotherapist for advice.

### **LOOKING AFTER YOUR PEP DEVICE**

Wash the mask after every use

- Separate it into its different parts & wash all the parts with warm soapy water
- Rinse all the parts with clean water
- Shake off the excess water and leave the parts to dry on a clean surface
- When your child is not using the PEP device, store it in a clean air tight container
- Sterilise the PEP device once a week by boiling in water for 10 minutes

### **OTHER INFORMATION**

- Do not use the PEP device with your child straight after they have had a meal or feed.
- Bring the PEP device to your child's clinic appointment and physiotherapy appointments, or if they have a hospital stay, so that a Physiotherapist can check how they are using it.
- You should not leave your child's PEP device in direct sunlight as it may crack. If you have broken your PEP device, notice any cracks in it or feel your child needs a different size mask, stop using it and contact the below number.

**FOR FURTHER INFO CONTACT RESPIRATORY PHYSIOTHERAPISTS BEX BIRNIE OR SARAH WHITE ON 01224 552669**