


Appendix 7 - Physiotherapy device & nebuliser cleaning



Acapella® Choice

Research suggests adjuncts and nebuliser devices that are not cleaned and left wet after use, can grow bacteria. It is therefore vitally important to prevent re-infection by **cleaning** the adjunct/device, **sterilising** it regularly and **air drying** it thoroughly.

This document is to be used as a guide, your current adjunct and/or nebuliser device will have been provided by your physiotherapist after careful assessment and clinical reasoning.

Adjunct	Cleaning	Sterilisation	Replacements	Additional Notes
<p>Acapella® Choice</p> 	<p>Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space.</p> <p>After every use</p>	<p>Boil in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space.</p> <p>At least weekly</p>	<p>Should last a minimum of 6 months.</p> <p>Can be purchased privately or via prescription from your GP. To order a new device, contact Henley Medical on 01707 333164. <i>Product code RTP277000 (£46.50).</i></p>	<p>Store dismantled and put together for use only.</p>

Useful Hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink). Dispose of the water down the toilet and flush.

New Parts and Questions

If you require a new adjunct or nebuliser parts, please contact the appropriate email/telephone number below.


- Child (CF) – Email NebPhysioEquipment@rbht.nhs.uk
- Adult (CF) – Email CFAdultPhysio@rbht.nhs.uk
- Child and Adult (Non-CF) – Email AdultPhysioEquipment@rbht.nhs.uk
- For any other queries, please contact the Outpatient Physiotherapy Department on 0207 351 8088. Opening hours 8.30am – 4.30pm.

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Aerobika®

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Adjunct	Cleaning	Sterilisation	Replacements	Additional notes
<p>Aerobika®</p> 	<p>Dismantle and wash all parts in hot soapy water (leave to soak for 15 minutes), rinse, shake off excess water and leave to air dry in a well ventilated space.</p> <p>After every use</p>	<p>Boil in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space.</p> <p>Alternatively, a microwave steam bag can be used. Follow the manufacturer's instructions.</p> <p>At least weekly</p>	<p>Should last a minimum of 12 months.</p> <p>Can be purchased privately. To order a new device, visit a Lloyds pharmacy. <i>Product code AER94A (£70-90 incl VAT – VAT relief optional).</i></p>	<p>Store dismantled and put together for use only.</p>

Useful Hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.

New Parts and Questions

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Bubble PEP

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Adjunct	Cleaning	Sterilisation	Replacements	Additional notes
Bubble PEP 	<p>Rinse tubing in hot soapy water, rinse, shake out excess water and leave to air dry in a well-ventilated space.</p> <p>Empty water down the toilet. Rinse with hot water, shake out excess water and leave to air dry.</p> <p>After every use</p>		<p>Replace tubing and milk bottle every week.</p>	<p><u>Equipment:</u> Suction tubing (approx. 80cm), 2 pint plastic milk bottle and washing up liquid.</p> <p>Where possible hang tubing vertically to dry thoroughly and <u>alternate tubing so one is always dry.</u></p>

Useful Hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.

New Parts and Questions

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Infant PEP

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Adjunct	Cleaning	Sterilisation	Replacements	Additional notes
<p>Infant PEP <i>Pari PEP™ S, elbow bend, anaesthetic face mask</i></p> 	<p>Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space.</p> <p>Alternatively wipe the anaesthetic mask and green connector with an antibacterial wipe.</p> <p>After every use</p>	<p>Boil the 'PEP' parts in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space.</p> <p>Daily</p> <p><u>Do not boil the anaesthetic mask or green connector.</u></p>	<p><u>Pari PEP:</u> Should last a minimum of 12 months.</p> <p><u>Anaesthetic Mask:</u> Replace when deflated or broken.</p>	

Useful hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink). Dispose of the water down the toilet and flush.

New Parts and Questions

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A lifetime of specialist care
A lifetime of specialist care

Pari PEP™ S

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Adjunct	Cleaning	Sterilisation	Replacements	Additional notes
 Pari PEP™ S	Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space. After every use	Boil in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space. Daily	Should last a minimum of 12 months.	

Useful hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.

New Parts and Questions

If you require a new adjunct or nebuliser parts, please contact the appropriate email/telephone number below.


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PEP / Rmt™

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Adjunct	Cleaning	Sterilisation	Replacements	Additional notes
PEP/Rmt™ 	Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well-ventilated space. If using anaesthetic mask, clean with an antibacterial wipe. After every use	Boil in water for 10 minutes. Shake off excess water, leave to air dry in a well-ventilated space. <u>If using anaesthetic mask, do not boil.</u> At least weekly	Should last a minimum of 1-3 years.	

Useful Hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.

New Parts and Questions

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- For any other queries, please contact the Outpatient Physiotherapy Department on 0207 351 8088. Opening hours 8.30am – 4.30pm.

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Pari OPEP® or Flutter®

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Adjunct	Cleaning	Sterilisation	Replacements	Additional notes
Pari OPEP® (or Flutter®) 	Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space. After every use	Boil in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space. Alternatively, use a non-microwave steam steriliser (121°C for 20 mins or 132-134°C for 3 mins). Daily	Should last a minimum of 12 months. Can be purchased privately. To order a new device, contact Pari Medical Ltd on 01932 341122. <i>Product Pari OPEP (£27.81 plus £3.50 P&P).</i>	Store dismantled and put together for use only.

Useful Hints

- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.

New Parts and Questions

If you require a new adjunct or nebuliser parts, please contact the appropriate email/telephone number below.


- Child (CF) – Email NebPhysioEquipment@rbht.nhs.uk
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- Child and Adult (Non-CF) – Email AdultPhysioEquipment@rbht.nhs.uk
- For any other queries, please contact the Outpatient Physiotherapy Department on 0207 351 8088. Opening hours 8.30am – 4.30pm.

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eFlow Rapid®

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Nebuliser	Cleaning	Sterilisation	Replacements	Additional notes
 <p>eFlow Rapid®</p>	<p>Dismantle and wash all parts (including aerosol head/mesh) in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space.</p> <p>After every use</p>	<p>Boil in distilled water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space.</p> <p>Alternatively use a steam steriliser with a run time of at least 6 minutes. Remove parts, shake off excess water and leave to air dry in a well ventilated space.</p> <p>Daily</p> <p><u>Additionally:</u> Use the easy care system for the aerosol head/mesh, with either distilled water, deionised water or 0.9% saline.</p> <p>At least weekly</p>	<p><u>Handset:</u> Should last a minimum of 12 months.</p> <p><u>Aerosol head/mesh:</u> Should last 3-6 months dependent on frequency of use.</p>	<p>Avoid touching the aerosol head/mesh.</p> <p>Rinse aerosol head/mesh after DNase before hypertonic saline is used.</p> <p>Use a separate handset and aerosol/mesh for inhaled antibiotics.</p>

Useful Hints

- Tap out the residual nebulised medication after each use onto kitchen/toilet roll.
- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.
- If using antibiotic filter pads, turn over after each nebulisation. Dispose at the end of the day after two uses.

New Parts and Questions

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I-Neb®

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Nebuliser	Cleaning	Sterilisation	Replacements	Additional notes
<p>Philips Respironics I-neb®</p> 	<p>Place mouthpiece, medication guide, drug chamber and chamber lid into the basket. Agitate in hot soapy water, rinse using cold boiled water, shake off excess water and leave to air dry in a well ventilated space.</p> <p>Wipe the base unit with an alcohol based or antibacterial wipe.</p> <p>After every use</p>	<p>Boil the parts within the basket in water for 6-10 minutes with 1-2 drops of washing up liquid. Rinse using cold boiled water, shake off excess water and leave to air dry in a well ventilated space.</p> <p>Weekly</p>	<p>Chamber and mouthpiece should last up to 6-12 months.</p> <p>Contact Philips Respironics on 0800 130 0857 for replacements. If you are no longer on Promixin then please contact RBH via the email below instead.</p>	<p>Avoid touching the silver transducer horn.</p>

Useful Hints

- Tap out the residual nebulised medication after each use onto kitchen/toilet roll.
- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink). Dispose of the water down the toilet and flush.

New Parts and Questions

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Pari LC® Sprint

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Nebuliser	Cleaning	Sterilisation	Replacements	Additional notes
Pari LC® Sprint 	Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space. After every use	Boil in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space. Alternatively use a steam steriliser with a run time of at least 6 minutes. Remove parts, shake off excess water and leave to air dry in a well ventilated space. Daily	Should last a minimum of 12 months.	Do not wash compressor tubing. If moisture is present, attach the tubing to the compressor and run until droplets cannot be seen.

Useful Hints

- Tap out the residual nebulised medication after each use onto kitchen/toilet roll.
- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink). Dispose of the water down the toilet and flush.
- If using antibiotic filter pads, turn over after each nebulisation. Dispose at the end of the day after two uses.

Compressor Servicing

- Ensure your compressor is serviced annually, you will need to book an appointment in advance, this can be booked alongside any clinic appointment you may have.
- To book an appointment please contact the Outpatient Physiotherapy Department on 0207 351 8088. Opening hours 8.30am – 4.30pm.

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Sidestream

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Nebuliser	Cleaning	Sterilisation	Replacements	Additional notes
Philips Respironics SideStream <u>Light Blue</u> (Reusable) <u>Dark Blue</u> (Disposable – not for home use) 	Dismantle and wash all parts in hot soapy water, rinse, shake off excess water and leave to air dry in a well ventilated space. After every use	<u>Light Blue:</u> Boil in water for 5 minutes. Shake off excess water, leave to air dry in a well ventilated space. Weekly <u>Dark Blue:</u> Do not boil.	<u>Light Blue:</u> Replace every 6 months. <u>Dark Blue:</u> Can be used for up to 14 days only.	Do not wash compressor tubing. If moisture is present, attach the tubing to the compressor and run until droplets cannot be seen. Ensure mushroom shaped baffle is in place before using.

Useful Hints

- Tap out the residual nebulised medication after each use onto kitchen/toilet roll.
- Use sterile water or cold boiled water to rinse all adjuncts/nebuliser devices.
- Wash all adjuncts/nebuliser devices in a separate bowl/container (not in the sink).
Dispose of the water down the toilet and flush.

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