

Forced Expiration Technique (Huff)

Medications prior to FET: _____

Airway clearance prior to FET: _____

Technique:

1 level huff

Take a normal sized

Open the mouth to an O shape or place breathing tube in the mouth

Breathe out with some force (not a lot of force) and good flow

The breath out is similar to fogging up a mirror – use a tissue in front of the mouth to check technique

3 levels of huffing

Take a **small** breath in

Open the mouth to an O shape or place breathing tube in the mouth

Breathe out with some force (not a lot of force) and long flow

Repeat with a **medium** sized breath in

Repeat with a **large** breath in

This technique can be used independently at any time when sputum needs to be cleared.

It should always be a part of any airway clearance routine.