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.