

## The Active Cycle of Breathing Technique (ACBT)

Medications prior to this technique: \_\_\_\_\_

Position(s): \_\_\_\_\_

### ACBT Steps:

1. Relax and take some quiet breaths, as instructed, until you feel ready to begin
2. Take a slow, deep breath into your lower chest as instructed (relaxing your neck and shoulders)
3. When your lungs feel full of air, hold your breath for \_\_\_\_\_ seconds
4. Relax and let the air out of your lungs (either through your mouth or your nose)
5. Take \_\_\_\_\_ more deep breaths (as in Step 2)
6. Relax and breathe quietly until you feel ready to continue
7. If prescribed, repeat steps 2, 3 and 4
8. Huff \_\_\_\_\_ times (with / without the tube in your mouth), as instructed
9. Breathe quietly
10. Cough (do not keep coughing if your cough is dry)

An irritable cough can usually be settled by a drink or sucking on a lozenge.

Repeat the cycle above if you feel that there are more secretions in your lungs.

Repeat this cycle \_\_\_\_\_ times per day.

If you have a chest infection, it is usually advisable to use this technique more frequently.