A National Audit of the *Aerobika** Oscillatory Positive Pressure Device When Used to Assist Airway Clearance for Those With Cystic Fibrosis, Bronchiectasis and COPD

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RATIONALE

- Oscillating Positive Expiratory Pressure (OPEP) devices are used by physiotherapists to support Airway Clearance Techniques (ACTs) with the objectives of improving sputum clearance and thus potentially increasing airway ventilation and quality of life.
- The use of the ***Aerobika**** OPEP device (Trudell Medical UK) was evaluated in 23 UK hospitals to gain a better understanding of effectiveness and acceptability.

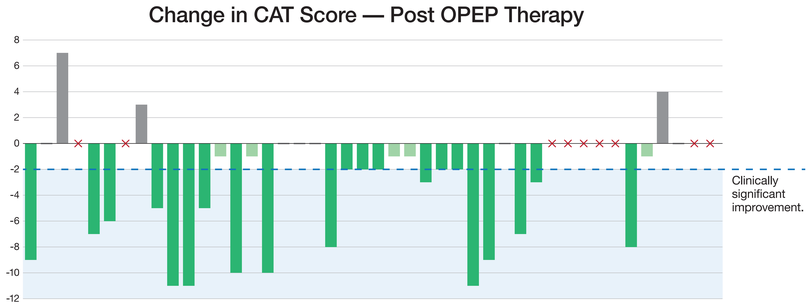
Aerobika* OPEP device
Trudell Medical International
London, Canada

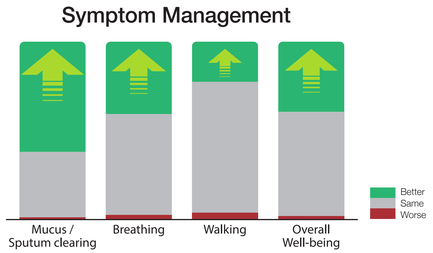
METHODS

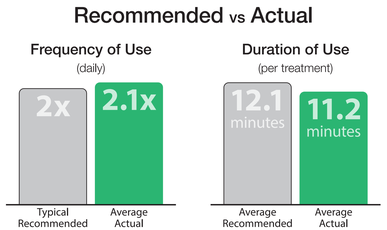
- Those with adult Cystic Fibrosis (CF), Bronchiectasis, Chronic Obstructive Pulmonary Disease (COPD), and 18 defined by physiotherapists as other patients with excess sputum, were evaluated over a one month period using the ***Aerobika**** OPEP device.
- Evaluation was via a 5 point questionnaire, providing feedback from both patients and physiotherapists, including symptom management and device use.
- A COPD assessment test (CAT) was performed at the start and end of the evaluation period for those with COPD

RESULTS

- Evaluation was completed by 176 patients.
- For the COPD patients, 82% had complete CAT scores with 60% of these demonstrating a clinically significant decrease (improvement) of 2 points or more on OPEP therapy.
- 92% of all patients wished to continue using this OPEP device
- 87% of HCPs were happy or very happy with the device
  - The most popular noted feature was that the device is not position dependant.







CONCLUSIONS

- The ***Aerobika**** OPEP device was found to be acceptable for patients and therapists.
- Improvement in CAT scores were observed in 60% of COPD patients.
- Inclusion of the ***Aerobika**** should be considered as an acceptable adjunct to ACT physiotherapy regimes for those with CF, bronchiectasis or COPD

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