



## ADULT HEALTH NURSING (CRITICAL CARE LAB)

### TEACHING A PATIENT TO USE AN INCENTIVE SPIROMETER

#### Equipment:

- Incentive Spirometer
- Stethoscope
- Folded Blanket Or Pillow For Splinting Of Chest Or Abdominal Incision
- PPE

**Goal:** The patient accurately demonstrates the procedure for using the spirometer.

Procedure
1. Review chart for any health problems that would affect the patient's oxygenation status
2. Bring necessary equipment to the bedside stand or overbed table.
3. Perform hand hygiene and put on PPE, if indicated
4. Identify the patient . Close curtains around bed and close the door to the room, if possible.
5. Explain what you are going to do and why you are going to do it to the patient
6. Assist patient to an upright or semi-Fowler's position, if possible. Remove dentures if they fit poorly.
7. Assess the patient's level of pain. Administer pain medication, as prescribed, if needed. Wait the appropriate amount of time for the medication to take effect. If patient has recently undergone abdominal or chest surgery, place a pillow or folded blanket over a chest or abdominal incision for splinting
8. Demonstrate how to steady the device with one hand and hold the mouthpiece with the other hand. If the patient cannot use hands, assist the patient with the incentive spirometer.
9. Instruct the patient to exhale normally and then place lips securely around the mouthpiece
10. Instruct patient to inhale slowly and as deeply as possible through the mouthpiece without using nose (if desired, a nose clip may be used).

11. When the patient cannot inhale anymore, the patient should hold his or her breath and count to three. Check position of gauge to determine progress and level attained. If patient begins to cough, splint an abdominal or chest incision.
12. Instruct the patient to remove lips from mouthpiece and exhale normally. If patient becomes light-headed during the process, tell him or her to stop and take a few normal breaths before resuming incentive spirometry.
13. Encourage patient to perform incentive spirometry 5 to 10 times every 1 to 2 hours, if possible.
14. Clean the mouthpiece with water and shake to dry.
15. Remove PPE, if used. Perform hand hygiene

