

A guide to completing Bubble PEP



What is Bubble PEP?

- PEP stands for Positive Expiratory Pressure (PEP), which means that you blow out against resistance and keep some air in your lungs.
- Bubble PEP is a treatment often used with children who have a build-up of sputum (phlegm) in their lungs, floppy airways, reduced lung volumes, a weak cough or after surgery.

How does it work?

- During the treatment your child will blow down the tubing to make bubbles in the water (figure 1).
- This creates a positive pressure back up the tubing and into your child's airways and lungs, which causes your child's airways to be held open.
- This allows more air to move in and out of their lungs which moves phlegm upwards from the lungs into the airways, so it can be coughed up.

How to complete Bubble PEP?

- Your physiotherapist will teach you how.
- The information on this leaflet can be used as a reminder for you as the parent/carer to effectively complete Bubble PEP with your child, after a physiotherapist has shown you.

Bubble PEP set up

Preparation:

1. Fill the bottle to 10cm (700ml mark) depth of water.
2. Cut the plastic tubing in half and put one end into the water through the hole in the bottle.
3. Place the bottle into a tray or bowl.

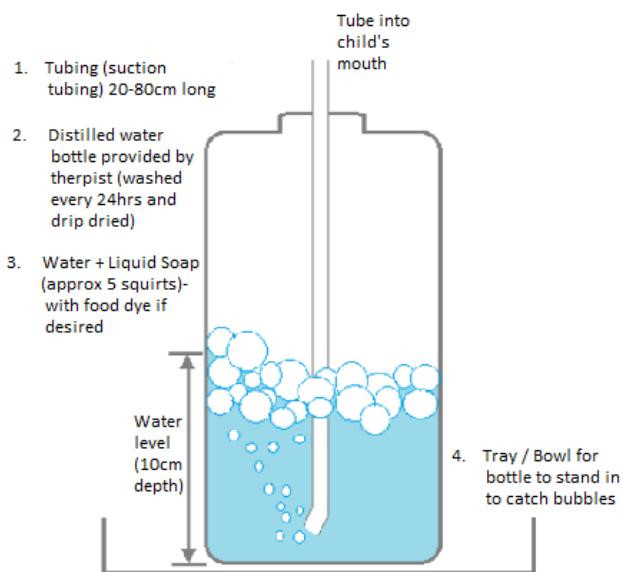


Figure 1

Bubble PEP technique:

1. Your child should take a deep breath in (without inhaling through the tubing).
2. Blow out through the tube into the water to make bubbles. The breath out should be as strong and long as possible!
3. Repeat this _____ times. (This counts as one cycle).

4. After each cycle ask your child to huff (this is a forceful breath out of your mouth in one quick burst of air. Imagine you are steaming up a window with your breath).
5. Your child should be encouraged to cough and clear their phlegm.
6. Repeat steps 1-4 above _____times per session.
7. Complete Bubble PEP as above with your child_____times per day.

Therapist tips to make it FUN!!

- Colour the water with food dye (child safe, non-toxic).
- Add soap to create bubble volcano.
- Sticker charts for sessions completed.
- Competition with parents, friends or siblings.

Prescription

Date:

Breaths:

Cycles:

Complete _____times per day

People taught:

Taught by: Print:

Sign:

Grade:

Contact:

Cleaning

- The equipment should be washed out with warm soapy water every 24 hours and left to drip dry.
- It should be stored in a clean place in between use.
- If the bottle begins to look discoloured, starts to leak or smells, despite washing, please contact the physiotherapy team for a replacement.

Risks associated with Bubble PEP

- There have been no reported risks associated with the use of Bubble PEP.
- However, it is important that the equipment is kept clean and fresh water is used to prevent infections from occurring.
- Ensure that you supervise your child at all times when completing Bubble PEP and make sure that your child does not drink the water
- If you are using Bubble PEP in hospital and have concerns it is making you or your child breathless or unwell please alert your nurse.
- If you are using Bubble PEP at home and have an unusual increase in respiratory symptoms please contact your GP or attend A&E as appropriate.

Contact us

If you have any questions or concerns about Bubble PEP, please contact the paediatric physiotherapy team on 020 7188 4660 (Mon-Fri 8.30am - 6pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003 10am to 5pm, Mon to Fri

e: letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department. **t:** 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Leaflet number: 4519/VER1

Date published: December 2017

Review date: December 2020

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