

Preventing breathing difficulties during sickle cell crisis

Haematology Physiotherapy Service

Information for Patients

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Why I may need to see a physiotherapist during my admission

Sickle cell crisis is very painful. You are less able to get up and walk around and take deep breaths. You are more likely to start to get:

- a chest infection,
- small areas of collapse in the lungs
- a condition called 'Acute Chest Syndrome'. This can start suddenly during your crisis and become very serious.

Repeated episodes of Acute Chest Syndrome can lead to long-term breathing problems.

The physiotherapist will come and review you. They will give you help, advice and treatment. It is focused on preventing breathing problems, such as some of the causes of Acute Chest Syndrome. If you have already have the condition, the physiotherapist may also treat you for this. You must follow any instructions we give you, even if you feel your breathing is fine. Problems can happen suddenly and without warning.

What is an incentive spirometer?

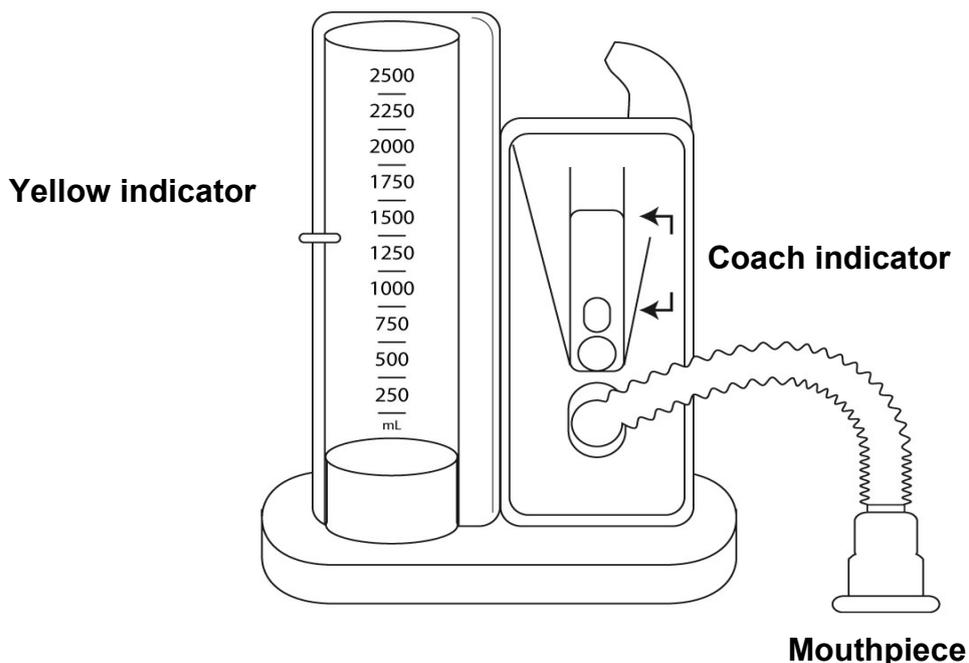
As part of your treatment, you may be asked to use an incentive spirometer. This is a device used to help you take slow, deep breaths.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How to use your incentive spirometer

1. Sit on the edge of your bed or sit up as far as you can in bed. This helps make the treatment as effective as possible.
2. Hold the incentive spirometer in an upright position with both hands. Or rest it on a flat surface.
3. Place the mouthpiece in your mouth. Seal your lips tightly around it.
4. **Breathe in slowly** and as deeply as possible. The yellow piston will rise towards the top of the column. The yellow coach indicator should be in the 'smiley face' area.
5. Hold your breath for about 5 seconds. Let the piston fall to the bottom of the column. Do not breathe out into the spirometer.
6. Rest for a few seconds. Repeat steps 1 to 5 at least 10 times every 2 hours you are awake whilst in crisis.
7. After you have completed each set of 10 breaths, cough strongly to be sure your lungs are clear.
8. If you have pain when you cough, put a pillow against your tummy and ribs when coughing.
9. We will encourage you to sit out of bed and to walk around, as pain allows. This is a very good way of making sure you do not develop any breathing problems.
10. We give you a new spirometer on each admission.
11. You can clean the mouthpiece in hot/ soapy water. Leave it to air dry. Do not get the main body wet.





Contact details:

If you have any concerns about your breathing or your symptoms are not improving, please contact your **GP (General Practitioner)** for advice.

If you need urgent medical help or are not sure on what to do, you can call the **NHS 111 helpline**. Trained advisers are available **24 hours a day, 7 days a week** to help you.

If your breathing becomes difficult, you have bad chest pain, or you feel very unwell, **call 999 or go to your nearest Emergency Department right away.**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net



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