

Treatment for your child's chest using a PEP mask

Paediatric Physiotherapy

Information for Patients and Carers

Last reviewed: January 2024

Next review: January 2027

Leaflet number: 997 Version: 2

What is a PEP mask?

PEP stands for positive expiratory pressure. A PEP mask is a small plastic device which uses positive expiratory pressure to help with your child's chest treatment. The device consists of a mask (or sometimes a mouthpiece), a valve and a coloured resistor.

How does the PEP mask work?

- When your child breathes out through the PEP mask, this causes a small amount of pressure to build up in their lungs.
- The pressure holds your child's airways open, and helps move more air in and out of their lungs.
- This air flow helps to move mucus (secretions) out of your child's lungs, and into their top airways.
- When the secretions are in your child's top airways, it is easier for them to cough them up.
- There are different coloured (sized) resistors available for the PEP mask. These will change the amount of pressure in your child's lungs. Your child's physiotherapist will check which colour resistor your child needs to use.



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

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

How is the PEP mask used?

Your child's physiotherapist will show you and your child how to use the PEP mask, and tell you when and how to do the treatment:

1. Wash your hands
2. Use the inhalers or nebulisers that your child has been prescribed to prepare their airways before chest clearance:

3. Your child should be in a comfortable position, sitting up or lying on their side.
4. Place the PEP mask over your child's nose and mouth, making sure there is a good seal around the mask.
5. Talk to and reassure your child whilst asking them to breathe through the PEP mask for _____ seconds or _____ minutes. Take the PEP mask off if your child starts coughing.
6. Ask your child to cough if they are able to. This completes the first cycle of treatment. Encourage your child to spit out their mucus (secretions) if possible, or use suction if this is something that you and your child normally do.
7. Let your child have a period of relaxed breathing to rest in between each cycle, before doing the next cycle.
8. Repeat the steps above _____ times (cycles) when your child is well (with their normal amount of chest secretions), or _____ times (cycles) when they have more secretions than normal on their chest.
9. Use the inhalers or nebulisers that your child has been prescribed after their chest clearance:

10. Do the above chest clearance with your child _____ times a day when they are well, or _____ times a day when they have more secretions than normal on their chest.

What if I have problems using the PEP mask?

If the PEP mask looks damaged or your child's medical condition has changed, please contact your child's physiotherapist before using the PEP mask again.

If you do not know how to contact your child's physiotherapist, you can contact the Paediatric Physiotherapy Department on 0116 258 5714.

If your child is out of breath when using the PEP mask, or they cough up blood in their mucus (secretions), please contact your doctor before using the PEP mask again.

How do I look after the PEP mask?

Your child's physiotherapist will show you how to clean the PEP mask.

Do this after every use:

1. Separate it into its different parts.
2. Wash all the parts with warm soapy water.
3. Rinse all the parts with clean water.
4. Shake off the excess water and leave the parts to dry on a clean surface.
5. When your child is not using the PEP mask, store it in a clean air tight container.
6. Sterilise the PEP mask once a week by boiling in water for 10 minutes.

Other information

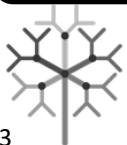
Do not use the PEP mask with your child straight after they have had a meal or feed. Wait at least 1 hour.

Bring the PEP mask to your child's clinic appointments and physiotherapy appointments, or if they have a hospital stay, so that a physiotherapist can check how they are using it.

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

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



LEICESTER'S
RESEARCH ★

Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.leicestersresearch.nhs.uk/patient-and-public-involvement