

# Oscillating Positive Expiratory Pressure for **Effective Airway Clearance**



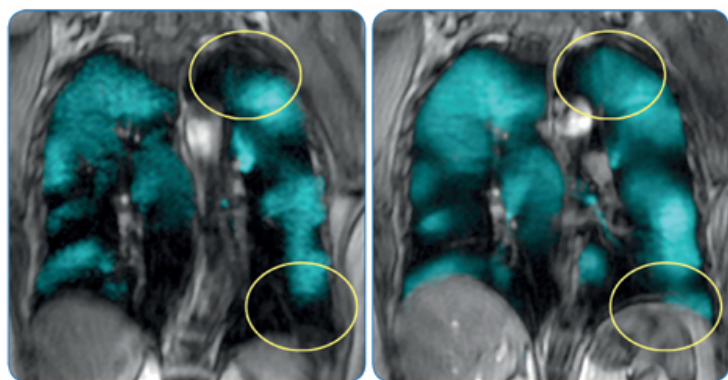
AerobiKA

## AerobiKA\* Oscillating Positive Expiratory Pressure (PEP)

Oscillating Positive Expiratory Pressure (Oscillating PEP) devices are small and portable, and are designed to help mobilize and clear mucus from the airways. When the patient exhales through the device, a one-way valve creates intermittent resistance. The resistance holds the airways open while gentle vibrations help shake the mucus loose. The vibration (or oscillation) helps to thin, dislodge and move mucus to the central or upper airways where it can be coughed out.



## Effective Performance



Pre-Oscillating PEP

Post-Oscillating PEP

- Aids in lung hygiene and helps prevent infections <sup>1</sup>
- Improves gas transfer and lowers air trapping <sup>2</sup>

A recent study of COPD patients showed use of the AerobiKA\* Oscillating PEP Therapy System for just 4 weeks created noticeable improvement in patients.<sup>2</sup>

- Reduced Dyspnea
- Increased gas distribution to previously unventilated areas
- Reduced Hyperinflation (gas trapping)

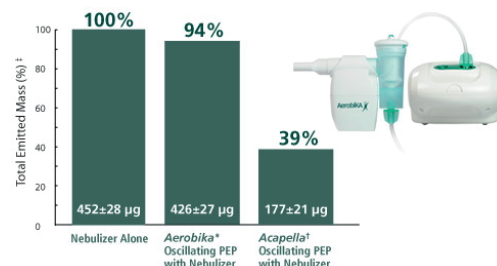
## Improve Patient Compliance and Acceptance <sup>3</sup>

- Easy to learn with a no-fail technique for independent use
- Lightweight, ergonomic design fits comfortably in the hand. Can be used in any upright position or orientation.
- Inexpensive, quiet and portable device
- Little interruption to daily living
- Shorter treatment times than traditional chest physiotherapy <sup>3</sup>
- At least as effective as manual chest physiotherapy <sup>3</sup>
- Durable design is easy to clean/disinfect and is dishwasher safe



## Effective aerosol delivery when combined with nebulizer treatments

Oscillating PEP treatments may also be combined with small volume nebulizer therapy. When used with the AEROECLIPSE\* Breath Actuated Nebulizer, patients receive the added benefit of having a nebulizer which creates aerosol only on inhalation. This ensures that no aerosol is lost during the long exhalation efforts required for Oscillating PEP therapy, and has been shown to have aerosol delivery substantially equivalent to using the nebulizer alone.



1. McCool FD, Rosen MJ. Nonpharmacologic Airway Clearance Therapies: ACCP Evidence-Based Clinical Practice Guidelines. Chest 2006;129(1):250S-259S. 2. S Svenningsen, M Kirby, J Suggett, A Wheatley, N Kanhere, A Hasany, S Blamires, G Parraga and DG McCormack. Oscillatory Positive Expiratory Pressure in Chronic Obstructive Pulmonary Disease. Abstract submitted for publication. 3. Marks JH. Airway Clearance Devices in Cystic Fibrosis. Paediatric Respiratory Reviews 2007;8:17-23.