

www.nshealth.ca

2020

Active Cycle Breathing Technique (ACBT)

ACBT will help clear secretions like sputum. Sputum is mucus mixed with saliva (spit).

There are 3 steps in ACBT:

- 1. Breathing control
- 2. Deep breathing exercises
- 3. Huffing

1. Breathing control

Your airways are very sensitive and can feel tight and wheezy, especially after coughing or when you are short of breath. Breathing control is used to relax the airways and help with these symptoms.

Place one hand on your stomach and let your shoulders drop down.
Breathe quietly and gently. As you breathe in, your stomach should rise slightly.
It should fall as you breathe out – don't force the air out.

Continue until your breathing feels relaxed and under control. This may be only 3 or 4 breaths, or more if you are feeling short of breath.

2. Deep breathing exercises

De	eep breathing helps air move from behind the sputum that is stuck in your airways.
	☐ Relax your upper chest.
	☐ Breathe in slowly and deeply through your nose.
	☐ Hold your breath for 2 to 3 seconds.
	☐ Breathe out gently through pursed lips until your lungs are empty – don't force

Repeat 3 to 4 times. If you feel lightheaded at any time, go back to doing the breathing control steps above before moving on.

3. Huffing

the air out.

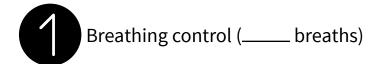
Huffing moves sputum from the small airways to the larger airways, where it can be removed by coughing Coughing by itself does not get solution out from the small air

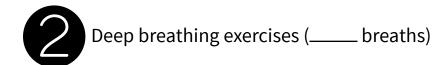
ш	wed by coughing. Coughing by itself does not get sputum out nom the small
Wa	ays. Huffing is usually done 2 to 3 times in one breath.
	Take a medium-sized breath in.
	Breathe out forcefully by squeezing your stomach muscles while keeping your
	mouth and throat open. Imagine you are trying to fog up a window.

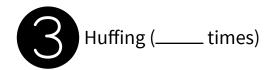
Aussi disponible en français: Technique de respiration en cycle actif (TRCA) (FF85-2200)

Active Cycle Breathing Technique Summary

Do the ACBT steps for ____ minutes, ___ times per day.







Repeat steps 1, 2, and 3 for ____ cycles.



If you can't clear sputum with 2 coughs, repeat steps 1 to 4.

What are your questions? Please ask. We are here to help you.

Looking for more health information?

Find this pamphlet and all our patient resources here: http://library.nshealth.ca/PatientGuides
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to http://library.novascotia.ca
Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca
Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Rehabilitation Services, Roseway Hospital Designed by: NSHA Library Services

The information in this handout is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.