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Diploma in Pharmacy 2nd Year

Community Pharmacy & Management

Experiment

To perform lung function assessment using incentive spirometer

Aim:

To perform lung function assessment using incentive spirometer

Reference :

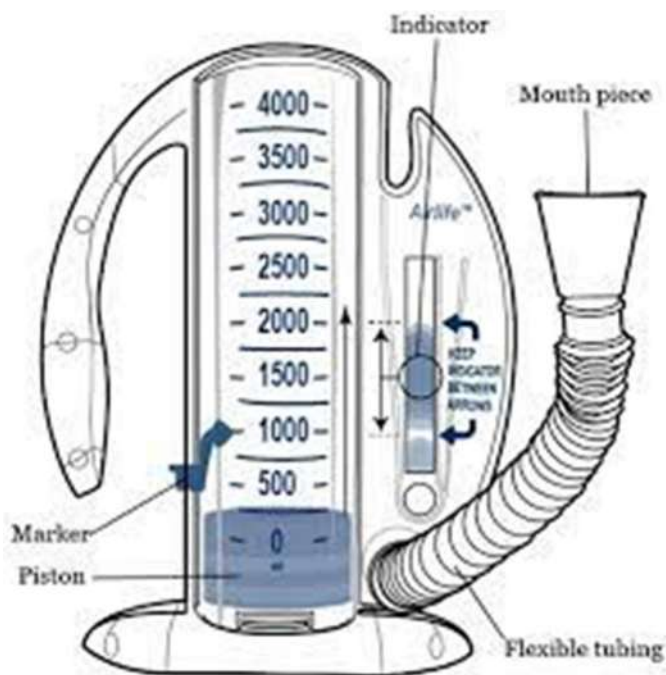
‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 25 – 28

Materials Required

Incentive spirometer

Theory :

An incentive spirometer can help lungs recover from surgery or a lung disease. After surgery, keeping lungs free will is easier if incentive spirometer is used. The incentive spirometer will assist in maintaining lung function while recovering from surgery by performing daily activities at home



Procedure

- The patient should sit on the edge of the bed or sit up as far as possible.
- He/she should hold incentive spirometer in an upright position.
- He/she should place the mouthpiece in the mouth and the lips should be sealed tightly around it.
- He/she should breathe slowly and as deeply as possible and notice the yellow piston rising toward the column's top. The yellow indicator should reach the blue outlined area.
- He/she should hold breathe as long as possible (at least for 5 seconds) and then exhale slowly and while letting the piston fall to the bottom of the column.
- He/she should take rest for a few seconds and repeat step one to five at least 10 times every hour.
- He/she should place the yellow indicator on the left side of the spirometer to show best effort. The indicator should be used as a goal to work toward during each slow deep breath.
- He/she should confirm with coughing that the lungs are clear after each set of 10 deep breaths. If incision is present, then it should be supported during coughing by placing a pillow firmly against it.
- He/she should perform regular walks and practice cough after getting out of bed. He/she should not use the incentive spirometer unless instructed by the healthcare provider.

Observation

A piston and an indicator rise when someone uses an incentive spirometer. The indicator measures the regularity of breathing in. They will not fully inflate their lungs if they inhale too quickly or too slowly. The highest amount or depth of breathing is indicated by the piston. A higher value denotes improved lung function.

The normal spirometry values can change. Physical sexual attributes, age, height, and other characteristics have an impact on the normal value.

Result :

Lung function assessment was done using incentive spirometer.