Appendix H: Secretion Clearance Techniques – How to Teach Secretion Clearance

Secretion clearance consists of deep breathing, controlled coughing and huffing.

Deep breathing:
- Do deep breathing exercises 4 to 5 times a day, sitting or standing.
  - Relax your shoulders.
  - Take a deep breath in through your nose.
  - Breathe out slowly through your nose.
  - Breathe out longer than you breathe in.
    - Count to 1 when you breathe in.
    - Count to 3 when you breathe out.
  - Repeat 5 deep breaths as above and rest.
  - Try 5 more deep breaths in and out and rest.

Try blowing the air out through pursed-lips. Shape your lips like you are going to whistle, then blow out slowly. This will help you breathe easier.

Controlled Coughing
- Controlled coughing should be done after each set of breathing exercises:
  - Take a deep breath in.
  - Cough deeply 2 times with your mouth slightly open.
  - Follow each set of breathing exercises with 2 controlled coughs.

Huffing
- If it is hard for you to cough, try huffing:
  - Take a medium breath in.
  - Make a sound like “ha” to push the air out very fast with your mouth slightly open.
  - Do this 3 to 4 times, and then cough.

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