

Instruction leaflet – BA-TUBE Manometer

Manometer for setting exhale counter pressure on the BA-Tube (Bronchitis Aid Tube).

Contents of package

In this package you will find:

- Plastic box with manometer connected to a tubing with a red cap
- one black plunger
- one extra red top
- this instruction leaflet.

Description of method recommended

The field of application for BA-Tubes is patients with COLD/COPD (Chronic Obstructive Lung/Phemonia Disease).

Expiration against a resistance, PEP (Positive Expiratory Pressure), is during the training aiming at lowering the flow of expiration, increasing the breathing average position and making the secretion-elimination easier for this group of patients.

The expiration resistance must always be tested together with an authorised doctor or physiotherapist. The doctor or physiotherapist must regularly perform follow-up of the training and control the breathing-technique of the patient, as well as assign individually adapted exercises, to strengthening the patients condition.

It is important, that the patient gets enough knowledge about his respiratory organs and their function, to be able to cope and handle his/her problem in the best possible way.

If the Patient is given a medicine for stretching the bronchus, it is very important that he/she inhales the dose at least 15 minutes before the breathing – training starts.

The Physiotherapist tests the right method of expiration-resistance in the following way

Take the black plunger from the box with the manometer and place it into the patients BA-TUBE, press off the blue top by pushing the plunger through the tube onto the blue top. Connect the red top from the Manometer on the Patients tube so that the red top arrow points against the tubes number (0-7). Press tube and red top together until you hear a “ click “.

Put the patient in a comfortable sitting functional resting position, with rests for elbow and feet. The patient could sit at a table with the elbows resting on the tabletop. The manometer is lying on the table, with the red top connected to the tube.

The BA-TUBE's resistance has steps and can be adjusted between 0 – 7, by turning the red top. Maximum expiration resistance is 0 (= closed air regulator), Minimum expiration resistance is 7 (= fully open regulator).

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The patient shall now start the breathing. The expiration should not be forced, but be a bit active. The patient must inhale through his nose.

Then exhale through the mouthpiece, pressing his/her lips/teeth tight around the mouthpiece.

The exhalation must be regular and slow but not to the end of the possible volume.

While breathing regularly, the doctors or physiotherapist adjust the resistance setting on the BA-tube (turning the red cap) so that the patient is able to make inhalation through the nose, and exhalation through the mouthpiece – during two minutes – with a manometer reading of 100 – 150 mm H₂O during the major portion of the exhalations (A pressure drop at end of each exhalation is common and should not be considered).

If the Patient feels uncomfortable, this might depend on the wrong breathing-technique, or that the resistance on the expiration is too heavy. Try a higher number on the BA-Tube setting.

Write down the correct BA-Tube setting for the patient and set the patient BA-Tube to the correct value.

Cleaning of manometer:

Disconnect the red top from the tube by using the black plunger as described above. Tube and red top can be cleaned in boiling water, or alternatively, by disinfection liquid at maximum 100° C.

Do not use any acid or acid bases > 0,5 M.

The Manometer and plastic case can be cleaned with a damp cloth, with use of ordinary detergent or soap.