



## Cough assist care: Methods of care SUMMARY

### Inspiratory aid

1. Anticipate
2. Prepare
3. Proceed
4. Prepare equipment
5. Position your child
6. If possible, establish a signal with your child
7. Place the interface on your child's face
8. Squeeze the self-inflating manual resuscitator
9. Encourage your child to cough
10. Suction secretions as needed
11. Repeat as needed
12. Clean and store the equipment
13. Recover

### Expiratory aid

1. Anticipate
2. Prepare
3. Proceed
4. Position your child
5. Apply abdominal thrusts
6. Apply lateral thoracic (chest) compressions
7. Apply thoracic compressions
8. Apply directed cough technique
9. Suction secretions as needed
10. Repeat, as needed, the techniques which are most effective for your child
11. Recover

### Inspiratory and expiratory aid

1. Anticipate
2. Prepare
3. Proceed
4. Prepare equipment
5. Position your child
6. If possible, establish a signal with your child
7. Turn the in-exsufflator device on
8. Install the interface
9. Give the treatment
10. Suction secretions as needed
11. Clean and store the equipment
12. Recover