Cough Assist T70
(with mask or mouthpiece)

The Cough Assist T 70 device removes secretions from your child’s lungs through the use of mechanically applied pressure. The machine gradually applies a positive pressure to the airway, then rapidly shifts to a negative pressure. The rapid drop in pressure forces air from the lungs, imitating a natural cough. You can operate the pressure manually or on automatic.

Your child’s doctor will often order oxygen to be used during the Cough Assist treatment. The oxygen tubing is added in between the filter and the Cough Assist tubing (as pictured).

Steps to using Cough Assist

Get your child ready:
1. Gather suctioning supplies.
2. Place your child in an upright sitting position as tolerated.

Start the treatment:
1. Turn on the Cough Assist and check the settings and pressures. Turn on the oxygen to the Cough Assist device, if ordered. (See settings below.)
2. Place mask or mouthpiece on your child as directed. Use either:
   • A mouthpiece (with or without nose clips) or
   • A well-fitting, soft-seal mask

In **Auto Mode**, the Cough Assist device will cycle automatically from inhalation (positive, pushing air in) to exhalation (negative, sucking air out). At the end of exhalation, the machine will pause before starting the next breath. The Cough-Trak option synchronizes the treatment with your child’s natural breathing pattern. The treatment will start when your child breathes in and will pause after they breathe out, until they take the next breath.

Always watch to see that your child is tolerating the treatment and getting good chest rise.
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- In **Manual Mode**, you will need to slide the control lever from the right (inhale) to the left (exhale) for each breath cycle. The pressures are preset, but the time is determined by the person doing the treatment.

4. After 3 to 5 in/out breath cycles, remove the mask or mouthpiece and press **Standby**. Give your child time to relax and breathe normally.

5. At this time you can use your suction machine to clear mouth secretions if needed. Repeat this process (usually 3 to 5 times) as needed to clear secretions. After the treatment, turn off the oxygen source to the Cough Assist device.

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**Do not keep your child connected to the Cough Assist device longer than the prescribed amount of time.**

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To Learn More

- Respiratory Care 206-987-2258
- Ask your child’s healthcare provider
- www.seattlechildrens.org

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**Cough Assist Settings**

(to be filled out by your healthcare providers)

- **Mode**
- **Cough Trak**
- **Flow**
- **Inspiratory pressure**
- **Expiratory pressure**
- **Inspiratory time**
- **Expiratory time**
- **Pause**
- Oxygen __________ L/M (liters per minute flow rate)

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**Free Interpreter Services**

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

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Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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