



# Vest Therapy: High Frequency Chest Oscillation

## Vest Settings

Pressure (inflation):

\_\_\_\_\_

Frequency (vibrations):

\_\_\_\_\_ (Hz)

Treatment Plan:

\_\_\_\_\_

## What is Vest Therapy?

Vest Therapy is a type of Chest Physical Therapy (CPT) which is used to help move mucus out of the lungs. The vest system includes an inflatable vest or wrap which is attached to a machine that vibrates at high frequency. During therapy, the vest vibrates the chest and helps to loosen and move mucus to the larger airways so it can be coughed out or huff-coughed out.

## How do I use the vest?

Have your child sitting up in a comfortable position. Put the vest over a thin layer of clothing. Secure the vest closures and make sure that the vest is fitting properly, allowing enough room for comfort. The vest should fit snugly around the chest with room for inflation.

## How often does my child use the vest?

Treatment times normally range from 15 to 30 minutes, 2 to 4 times per day at times convenient for your child. Your child's doctor will prescribe your vest settings and how often to use the vest. The doctor may increase the frequency or settings during times of illness.

## What nebulized medicine can be given during vest therapy sessions?

Albuterol, hypertonic saline, and Pulmozyme.

## How do I clean the vest?

Follow the manufacturer's recommendations for cleaning your child's vest system.

## Where do I get a vest?

The vests on the market are pictured below. Work with your respiratory therapist and healthcare provider to order the vest that will work best for your child. The company respiratory therapist will come to your home to teach you how to use it. For more information contact the companies on the next page.

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### The Vest

Hill-Rom Customer Service  
800-426-4224  
thevest.com



### InCourage

RespirTech  
800-793-1261  
respirtech.com



### Smartvest

Electromed, Inc.  
800-462-1045  
electromed.com



### AffloVest

International Biophysics  
Corp.  
888-711-1145  
afflovest.com



### Monarch Vest

Hill-Rom Customer  
Service  
800-426-4224  
thevest.com

### To Learn More

Respiratory Care  
206-987-5194

### 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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