Vest Therapy: High Frequency Chest Oscillation

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?
There are many options for vest systems. For more information contact the companies on the next page.
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The Vest
Hill-Rom Customer Service
800-426-4224
www.thevest.com

InCourage
RespirTech
800-793-1261
www.respirtech.com

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

AffloVest
888-711-1145
www.afflovest.com

To Learn More
Respiratory Care
206-987-2258

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.