

Active cycle of breathing techniques (ACBT)

This leaflet offers more information on active cycles of breathing techniques (ACBT) and how to complete the ACBT cycle. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

Please check the location of your physiotherapy appointment, as appointments are held on both the Guy's and St Thomas hospital sites.

What is ACBT?

ACBT is a breathing technique that helps to:

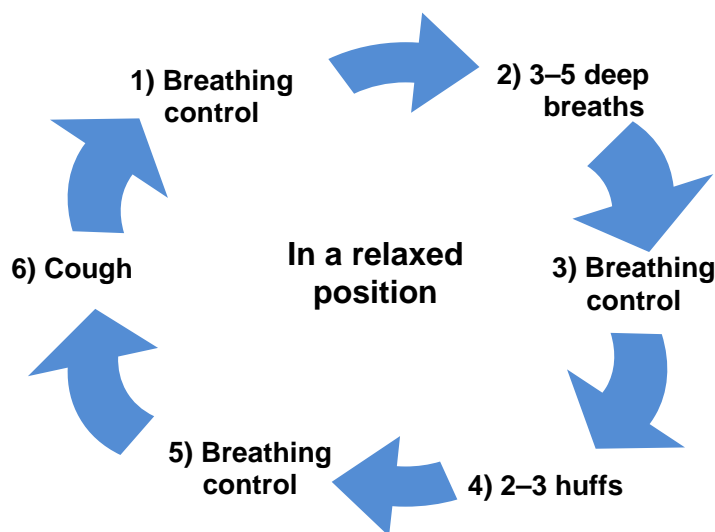
- loosen and clear mucus from the lungs
- improve ventilation in the lungs
- improve the efficiency of your cough.

How do I begin?

Begin by choosing a comfortable position (if your physiotherapist has not given you a specific one). You could sit upright or lie on your side, if this suits. When you are comfortable and relaxed you can start the ACBT cycle.

The ACBT cycle

The diagram below shows an example cycle. The terms are explained over the page. Your physiotherapist will tailor this cycle to your individual needs.



Breathing control

- Gentle normal breathing, using the lower abdomen.
- You should feel your abdomen gently rise and fall with your breathing.
- The breath out should be slow and relaxed.

Deep breaths

- Focus is on taking a deep breath in, slowly through your nose, followed by a gentle relaxed breath out through your mouth.

Huffs

- Take a medium breath in, then give a breath out, feeling your chest and stomach muscles squeeze at the same time.
- Use breathing control between huffs to avoid getting breathless.
- Your physiotherapist will advise you further on how to huff and on how many huffs you should do.

Coughing

- Only cough if you can hear phlegm when you huff.
- If not, return to the beginning of the cycle.

When should I do ACBT?

You will be advised by your physiotherapist on when and for how long you should complete ACBT.

Most importantly, you must increase the number of times that you repeat this cycle if your chest becomes more productive (phlegm-filled) than normal.

Your ACBT guidance

When: _____

How long: _____

How: _____

Useful sources of information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Knowledge & Information Centre (KIC) – For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Patient Transport Service – If you need to use our patient transport service, a member of our team needs to assess whether you are eligible. This involves a brief telephone interview and is completely confidential. Assessments must be carried out at least 48 hours before your appointment. If you think you may be eligible for this transport service, please contact the Patient Transport Assessment Team.

t: 020 7188 288

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices – Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support.

Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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