

INCENTIVE SPIROMETRY (NURSING)

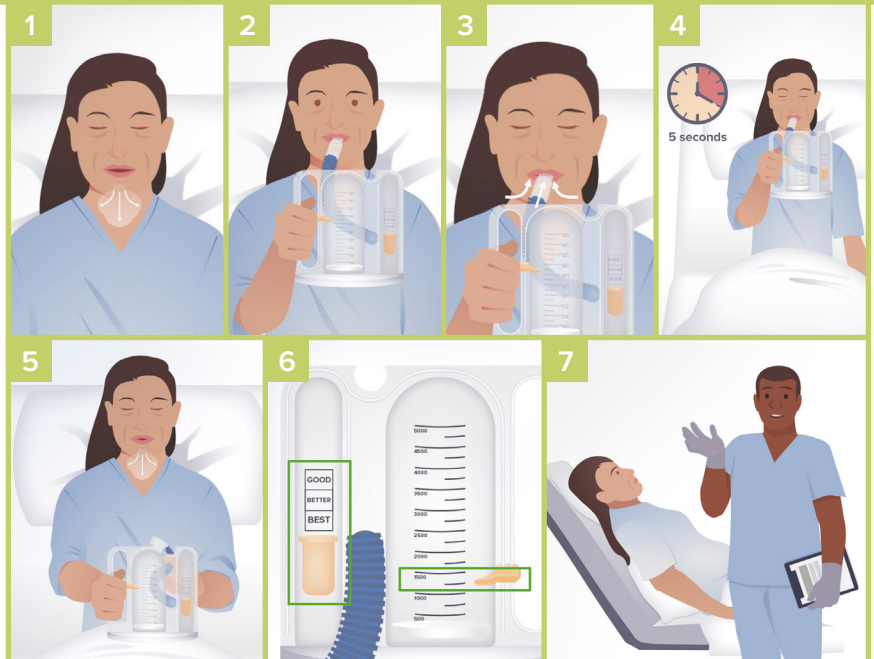


Pre-procedure

- Perform hand hygiene
- Provide privacy
- Explain the procedure to the client
- Raise the bed to the appropriate level
- Assist the client to the semi-Fowler's position
- Perform a respiratory assessment
- If the client has a surgical incision, teach them to splint the incision with a pillow

Procedure

1. Instruct the client to exhale normally
2. Have the client put the mouthpiece up to their mouth
3. Instruct the client to take a long, slow, deep breath
4. Have the client hold their breath for 5 seconds
5. Have the client remove the mouthpiece and exhale
6. Set the gauge on the incentive spirometer to show the goal volume of inspired air
7. After the client is able to return demonstrate the procedure, provide instructions on performing it independently



Post-procedure & documentation

- Reassess client's respiratory status
- Return the bed to the lowest position
- Perform hand hygiene
- Document the procedure

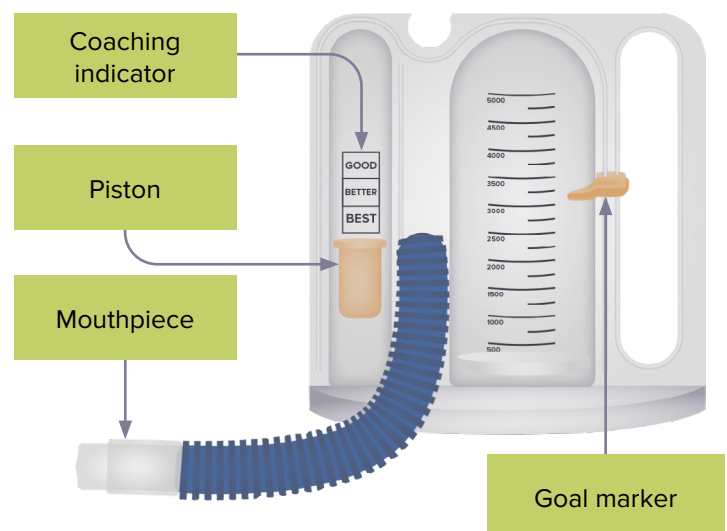
Be sure to document:

- Maximum inspiration volume
- Number of times it was used

Notify the healthcare provider if:

- Client experiences any signs of respiratory distress
- Volume obtained differs significantly from previous measurements
- If the client is unable to achieve the inspiratory goal

Incentive spirometer



NOTES

