Coughing Techniques

Controlled Coughing Technique

Steps:
1. Seat yourself in a comfortable position.
2. Lean your head slightly forward.
3. Place both feet firmly on the ground.
4. Inhale deeply through your nose.
5. Cough twice while keeping your mouth slightly open. The first cough will loosen your sputum. The second cough will move the sputum up into your throat. Spit the sputum out into a tissue.
6. Take a break and repeat once or twice if there are no immediate results.

"Huffing" Technique

Steps:
1. Seat yourself in a comfortable position.
2. Lean your head slightly forward.
3. Place both feet firmly on the ground.
4. Inhale deeply through your nose.
5. Exhale in short, non-forceful bursts while keeping your mouth open, as if you were trying to make mist on a window.
6. Repeat once or twice.

Note: Avoid forceful expiration.

Remember: If there are changes in your sputum colour, follow your Plan of Action recommendations.