

### Step 1

- Offer active cycle of breathing techniques (ACBT) to individual with bronchiectasis.
- Consider gravity assisted positioning (where not contraindicated) to enhance the effectiveness on an airway clearance techniques.  
If contraindicated then modified postural drainage should be used.

### Step 2

- If ACBT is not effective or the patients demonstrate poor adherence, oscillating positive expiratory pressures + forced expiration technique should be considered.

### Step 3

- If airway clearance is not effective then nebulised isotonic (0.9% saline) or hypertonic saline (3% saline and above) should be evaluated for its effectiveness pre-airway clearance (especially in patients with viscous secretions or there is evidence of mucus plugging).