

Step 1

- Increase airway clearance frequency. For example, from twice daily to three/four times daily.

Step 2

- Commence the use of mPD or PD if tolerated.
- For individuals with radiological changes, PD or mPD should be targeted appropriately.

Step 3

- Individuals with ongoing difficulty with airway clearance may benefit from the addition of other techniques. It is recommended that these should be commenced and evaluated in the following order (unless contraindicated).
- Enhance humidification/hydration of airways if secretions viscous (isotonic (0.9% saline) or hypertonic saline (3% saline and above)/ humidification/increase fluid intake).
- Manual techniques.
- Positive pressure devices including intermittent positive pressure breathing (IPPB) or non-invasive ventilation (NIV) to be used during airway clearance.