

Checklist: Reinforce Use of an Incentive Spirometer and/or Coughing and Deep Breathing

Reinforce Use of an Incentive Spirometer and/or Coughing and Deep Breathing	Able to Perform	Unable to Perform
1. Carry out initial procedure actions: <ul style="list-style-type: none"> – Knock before entering. – Introduce yourself. – Identify the resident according to facility policy. – Explain the procedure and purpose. – Provide privacy. – Perform hand hygiene. 	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> – Incentive spirometer. – Tissues or emesis basin if needed. – Pillow or folded blanket for splinting incision if ordered. – Disposable gloves if indicated. – Pulse oximeter if ordered. 	<input type="checkbox"/>	<input type="checkbox"/>
3. Position the resident in Fowler’s or semi-Fowler’s position if tolerated: <ul style="list-style-type: none"> – Upright positioning promotes lung expansion. 	<input type="checkbox"/>	<input type="checkbox"/>
4. Assess resident readiness: <ul style="list-style-type: none"> – Observe breathing patterns. – Assess pain level. – Encourage pain medication use before exercises if ordered and needed. 	<input type="checkbox"/>	<input type="checkbox"/>
5. Explain the purpose of incentive spirometry and deep breathing: <ul style="list-style-type: none"> – Helps expand lungs. – Helps prevent pneumonia and atelectasis. – Helps loosen secretions. 	<input type="checkbox"/>	<input type="checkbox"/>
6. Assist the resident to hold the incentive spirometer upright.	<input type="checkbox"/>	<input type="checkbox"/>
7. Instruct the resident to exhale normally.	<input type="checkbox"/>	<input type="checkbox"/>
8. Place the mouthpiece in the resident’s mouth with lips sealed tightly around it.	<input type="checkbox"/>	<input type="checkbox"/>
9. Instruct the resident to inhale slowly and deeply through the mouthpiece: <ul style="list-style-type: none"> – Encourage slow, steady inhalation. – Avoid rapid breathing. 	<input type="checkbox"/>	<input type="checkbox"/>
10. Encourage the resident to raise the indicator/piston to the prescribed goal if ordered.	<input type="checkbox"/>	<input type="checkbox"/>
11. Instruct the resident to hold the breath for approximately 3–5 seconds or according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
12. Remove the mouthpiece and allow the resident to exhale slowly and rest briefly.	<input type="checkbox"/>	<input type="checkbox"/>
13. Repeat incentive spirometer use as directed by the care plan or facility policy: <ul style="list-style-type: none"> – Commonly 10 breaths every hour while awake if ordered. 	<input type="checkbox"/>	<input type="checkbox"/>
14. Instruct the resident to take slow, deep breaths through the nose if able.	<input type="checkbox"/>	<input type="checkbox"/>
15. Encourage the resident to hold the breath briefly.	<input type="checkbox"/>	<input type="checkbox"/>
16. Instruct the resident to exhale slowly through the mouth.	<input type="checkbox"/>	<input type="checkbox"/>
17. Repeat deep breathing exercises several times according to care plan or facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
18. Encourage coughing after deep breathing exercises: <ul style="list-style-type: none"> – Helps clear mucus and secretions. 	<input type="checkbox"/>	<input type="checkbox"/>
19. If resident has abdominal or chest incision: <ul style="list-style-type: none"> – Assist resident to splint incision with pillow or folded blanket during coughing if ordered. 	<input type="checkbox"/>	<input type="checkbox"/>

<p>20. Observe resident during and after procedure for:</p> <ul style="list-style-type: none"> - Dizziness - Shortness of breath - Fatigue - Pain - Coughing effectiveness - Respiratory distress - Abnormal breathing sounds. 	<input type="checkbox"/>	<input type="checkbox"/>
<p>21. Allow resident to rest between exercises as needed.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>22. Clean incentive spirometer and store according to facility policy.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>23. Dispose of tissues and supplies appropriately.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>24. Remove gloves if worn and perform hand hygiene.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>25. Ensure resident comfort and safety:</p> <ul style="list-style-type: none"> - Bed in lowest position. - Call light within reach. - Resident positioned comfortably. 	<input type="checkbox"/>	<input type="checkbox"/>
<p>26. Carry out ending procedure actions:</p> <ul style="list-style-type: none"> - Reinforce the importance of regular use according to care plan. - Document procedure and resident response if required. - Report abnormal findings promptly to the nurse, including: <ul style="list-style-type: none"> - Difficulty breathing - Inability to perform exercises - Low oxygen saturation - Chest pain - Increased coughing - Abnormal secretions - Dizziness - Respiratory distress. 	<input type="checkbox"/>	<input type="checkbox"/>