

Chest Pt with Vest



I am getting chest PT using a vest.

Chest PT helps clear my lungs of thick sticky mucous that makes it harder for me to breathe.

Chest PT is important because it helps me breathe better.



Before my chest PT the respiratory therapist will listen to my lungs, check my oxygen, and my blood pressure.



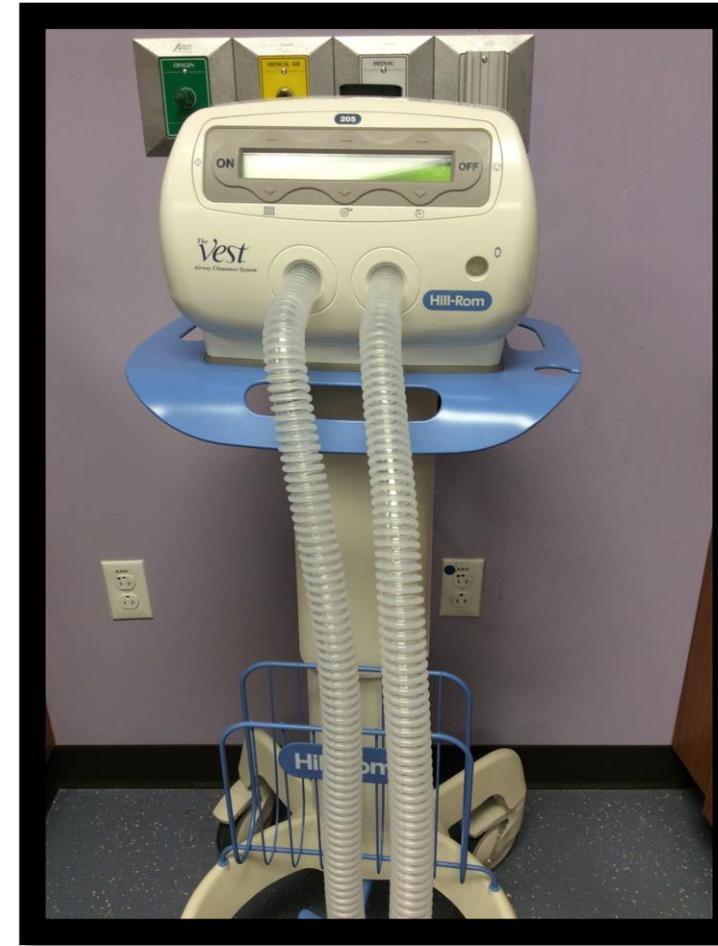
I may also need a breathing treatment before Chest PT.

My breathing treatment will help my Chest PT work better.



I will put my vest on like I am putting on a jacket.

My vest will fasten close with Velcro.



Once the chest PT starts, the vest will puff up and may feel snug.

I may also hear a puffing noise while the machine is on.



It is important that I stay seated during my chest PT so that the tubes to my machine do not unhook.

While I am sitting I can watch TV, play with toys or a game in my bed, or rest.



After my chest PT, I will need to try
and cough up any extra mucous
that may have been loosened up.

All done



Now I am all done.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)