What Should My VEST Settings Be?

Hill-Rom Vest and Smart Vest by ElectroMed (Source CF):

- Frequency should be set between 10, 12, and 14
- Preferably 10 minutes at each setting for a total of 30 minutes
- We recommend 30 minutes once to twice a day according to your physician’s order (with a minimum of 20 minutes)
- Pressure should be set between 4-6 depending on patient preference and comfort level

Incourage System:

- The optimal vest settings are already pre-set in the machine for a total use time of 30 minutes
- Frequency range of 6-15 Hz at pressures of 60-80% (this may be programmed into the machine by the company and all you need to do is press the Quick Start button.
- Total treatment time should be 30 minutes (customized by your physician)

Should you have need for replacement parts (hoses, new vest jacket size, generator problems, etc) please contact your respective “vest” company.

Follow the recommended therapy time when you are well. If sick or cough is increased, or you are on antibiotics, increase VEST therapy to three time per day until improved.

Review of Order of Therapy

1. Bronchodilator (Albuterol, Ventolin, Xopenex)
2. 7% Hypertonic Saline
3. Pulmozyme
4. Airway Clearance (Hand CPT, Mechanical Percussor, PEP Therapy, Flutter Valve, VEST)
5. Antibiotic (TOBI, Colistin, Gentamicin)
6. Inhaled Steroid (Pulmicort, Flovent, Advair, Symbicort, Asmanex)