

Thoracic Physiotherapy

胸腔物理治療-中英

I. The purpose of chest physiotherapy (sputum shooting)? 一、胸腔物理治療（拍痰）的目的？

physical methods, the sputum on the tracheal wall is first inhaled through steam, and then drained in a posture. Finally, the sputum is slapped on the back to make the sputum thin, loose and easy to cough up, improve the tolerance of exercise, and improve the lungs. The part collapses, maintains the airway unobstructed, Improve exercise tolerance and improve lung collapse, and prevents the worsening of lung infection.

利用物理的方法，將氣管壁上的痰液先經由蒸氣吸入，再行姿位引流，最後扣背拍痰使痰液變稀、鬆脫、容易咳出，提升運動的耐受性，改善肺部塌陷，維持呼吸道通暢，避免肺部感染惡化。

II. Who needs thoracic physical therapy (phlegm shooting)? 二、什麼人需要胸腔物理治療（拍痰）？

It is needed for patients with lung diseases such as pneumonia and collapsed lungs, as well as patients who have been bedridden for a long time, elderly patients with poor cough function, after surgery, phlegm or artificial airways, Because of the early intervention of thoracic physical therapy, it can effectively improve the patient's lung function and effect.

有肺炎、肺塌陷等肺部疾病以及長期臥床、年紀大咳嗽功能差、手術後、痰多或有人工氣道的病人都需要，因早期介入胸腔物理治療，能有效的改善病人肺部功能與效果。

III. Chest physiotherapy "sputum shooting" method? 三、胸腔物理治療〈拍痰〉的方法？

1. Vapor inhalation:

1. 蒸氣吸入法：

(1) It is usually used in hospitals because there is no machine to use in general households.

(1) 通常在醫院使用，因為一般家庭沒有機器使用。

(2) Add the medicine in the machine, and then steam to the throat, and the steam from

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the hot water at home makes the sputum thin.

(2)會先加藥在機器中，再噴射蒸氣藥水至喉嚨，在家可藉熱水的蒸氣使痰液變稀。

2. Posture drainage:

2.姿位引流法：

You can use sitting, sleeping on your side, lying on your back or sleeping on your stomach to smoothly discharge the sputum into the trachea and maintain the drainage position for at least 20 to 30 minutes.

可以利用坐姿、側睡、仰臥或趴睡，使痰液藉重力而順利排到氣管中，維持引流姿勢至少 20~30 分鐘。

3. Back buckle and sputum shooting method:

3.扣背拍痰法：

The hand is cup-shaped (as shown in Figure 3) and cup-shaped when slapped. The wrist joints should be bent naturally during slap. The force of the slap should touch the chest wall steadily. 5 minutes, can be performed 3 times a day. Avoid the waist, spine and wounds when slamming.

拍擊時手呈杯狀（如圖三），呈杯狀，扣擊時手腕關節應自然活動彎曲，扣擊的力量應穩穩地觸及胸壁，由下往上扣，每次約拍不超過 5 分鐘，每日可執行 3 次。扣擊時應避開腰部、脊椎及傷口。

4. Deep breathing and coughing or sputum suction method:

4.深呼吸咳嗽或抽痰法：

After taking a deep breath, hold your breath and press your abdomen to cough up the sputum. Those who are unable to cough on their own. Sputum extraction method can be used. Assist the discharge of sputum.

深呼吸後，再閉氣，按住腹部用力把痰咳出，無法自行咳嗽者，可使用抽痰法，

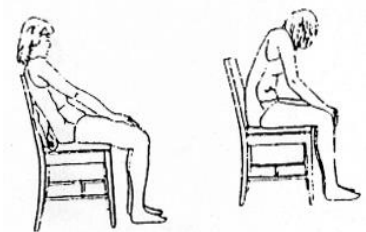


Figure 1 Posture of sputum accumulation in the upper lobe of the lung



Figure 2 The posture of phlegm in the lower lobe of the lung



Figure 3 The hand is cup-shaped when slapped

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協助痰液排出。

IV. Execution time 四、執行時間

1. It can be performed 3 times a day, and each shot should not exceed 5 minutes. After the shot, keep the position and lie down for 10-15 minutes.
- 1.每日可執行3次，每次約拍不超過5分鐘，拍完後維持姿勢躺10~15分鐘。
2. Do not take phlegm after meals or within one hour before and after feeding to avoid inhalation hazard caused by vomiting.
- 2.飯後或灌食前後一小時內不可拍痰，以免嘔吐造成吸入性危險。

V. Tindakan pencegahan 五、注意事項

1. The position of the performer should face the patient's face for observation at any time.
- 1.執行者在的位置應面向病人的臉，以便隨時觀察。
2. When performing sputum shooting, be careful not to pull or press the nasogastric tube, drip injection tube and other wound drainage tubes.
- 2.執行拍痰時注意勿拉扯或壓迫鼻胃管、點滴注射管路及其他傷口引流管。
3. Patients should be encouraged to cough up sputum at the end of sputum shooting, and those who use artificial airways or have poor coughing function should ask nursing staff to assist with sputum extraction.
- 3.拍痰結束應鼓勵病人將痰咳出，使用人工氣道或咳嗽功能不佳者，應請護理人員協助抽痰。
4. When inhaling bronchodilators or phlegm-reducing drugs according to the doctor's instructions, you must first inhale the drugs before performing sputum pat, and encourage patients to drink more boiled water to avoid thick sputum.
- 4.依醫生指示使用支氣管擴張劑或化痰藥物吸入時，須先吸完藥物後再執行拍痰，並鼓勵病人多喝開水，避免痰液黏稠。
5. If the patient has chest tightness, heart palpitations, black lips, vomiting, unconsciousness, or bleeding when performing sputum pat, please stop sputum pat

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and immediately inform the medical staff or seek medical attention.

5. 當執行拍痰時，病人如出現：胸悶、心悸、嘴唇發黑、嘔吐、意識不清、出血，請立即停止拍痰，並緊急告知醫護人員或就醫。

VI. When is no need for chest physical therapy (sputum pat)? 六、何時不需胸腔物理治療（拍痰）

1. Decreased sputum volume.
1. 痰量減少。
2. Relative improvement in lung photography.
2. 肺部攝影有相對改善。
3. Able to move normally.
3. 能正常活動。
4. When you can cough or breathe deeply.
4. 可以自行咳嗽或深呼吸時。