POSTURAL DRAINAGE

PURPOSE:
1. To improve the mobilization of bronchial secretions.
2. The matching of ventilation and perfusion.
3. Normalize FRC based on the effects of gravity.

DESCRIPTION:
Postural drainage consists of using gravity to mobilize secretions with the aid of body positioning. External manipulation of the thorax may be used in conjunction with such as percussion, vibration, and cough.

INDICATIONS:
1. Inability or reluctance of a patient to change body position.
2. Expectorated sputum production greater than 25-30mL/day (adult).
3. Cystic Fibrosis.
4. Potential or presence of atelectasis.
5. Mucus plugging.

HAZARDS(H) / CONTRAINDICATION(C):
1. Increase intracranial pressure. (H)
2. Hemodynamic instability. (H)
3. Uncontrolled hypertension. (H)
4. Hemoptysis (recent). (H)
5. Empyema. (C)
6. Spinal or neck injuries (un-stabilized). (C)
7. Pulmonary embolism. (C)
8. Rib fracture. (C).
9. Pleural effusions. (C)

EQUIPMENT:
1. Patient bed capable of being lowered and raised.
2. The device to allow patient to be placed in Trendelenburg.

PERSONNEL:
1. RRT 1 AND RRT 2.
2. CRTT 1 AND CRTT 2.

PROCEDURE:
1. Verify physician order.
2. Identify patient by comparing hospital and billing numbers on the armband to those on the physicians' orders for therapy.
3. Assess patient.
4. Turn the patient's body around the longitudinal axis to promote unilateral or bilateral lung expansion and improve arterial oxygenation. Regular turning is required with the bed at varying levels of incline.
5. Place the target lung segments superior to the carina (usually by use of the Trendelenburg position). Positions should generally be held for 3-15 minutes or longer.
6. Standard positions are modified as patient condition warrants.
7. External manipulation may be applied. (vibration, percussion, and cough)
8. Assess vital signs according to department guidelines.
9. Monitor sputum production, change in breath sounds, patients response, changes in CXR, and changes in blood gas values.
REFERENCES:


   Revised: 1997
   Reviewed: April 1998
   Reviewed: August 2000
   Revised: March 2003