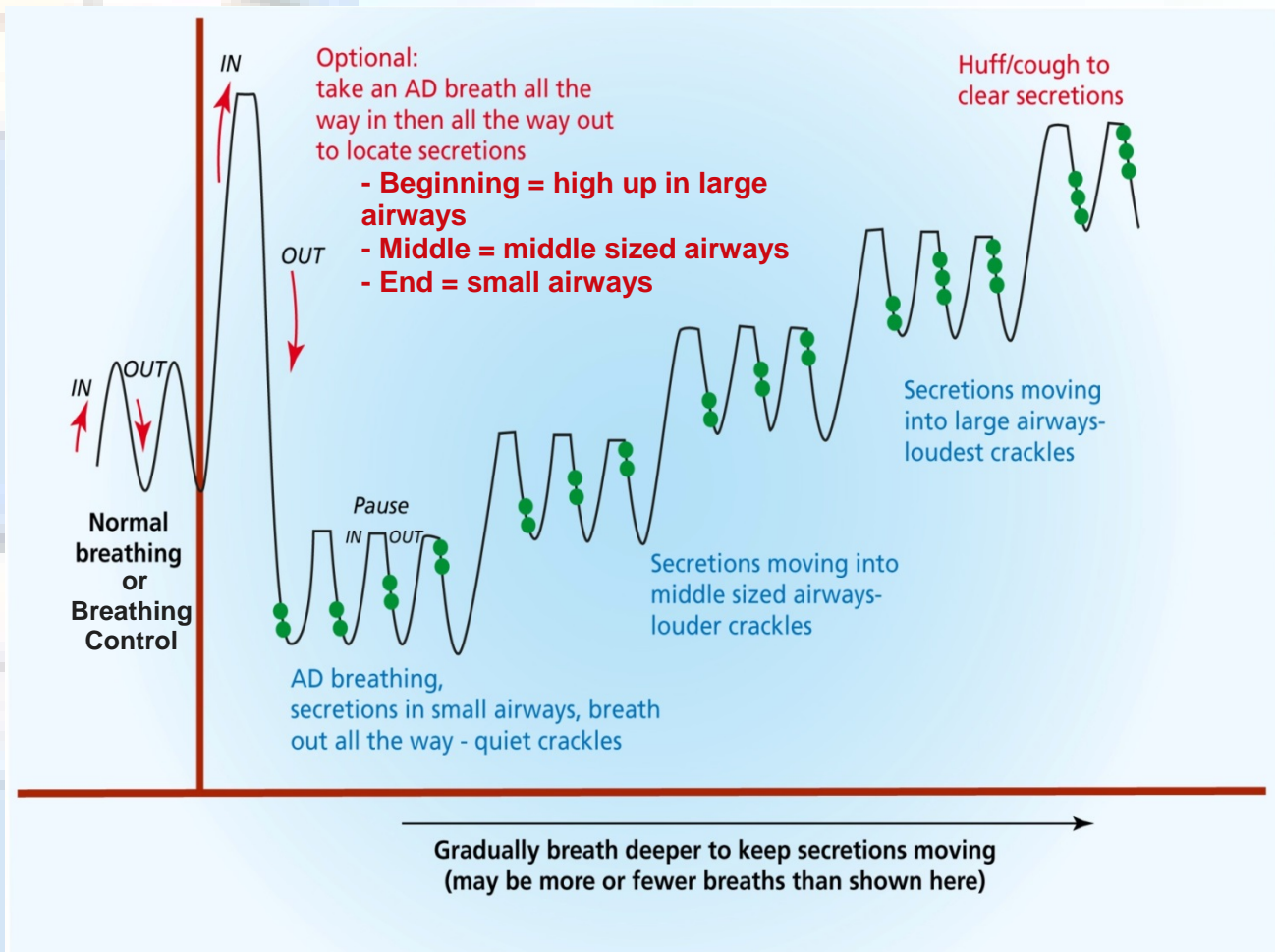


Autogenic Drainage (AD)

Autogenic Drainage (AD) is a breathing technique, which uses air flow to move secretions from small to large airways. The aim is to move secretions to the large airways before doing a cough, reducing the effort required to clear secretions. It is a process of loosening, collecting and ultimately clearing secretions from all areas of your chest.



Before you start:

- Make sure you have cleared your nose and throat (e.g. blown your nose, huff / cough).
- Get into a comfortable relaxed position (e.g. sitting upright / lying down) which works best for you.
- Try and visualise your lungs as an upside-down tree!
- Have a drink and tissues nearby and sip your drink throughout
- Rest whenever you need through the cycle.

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For more information on airway clearance:
[http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy airway%20clearance v4 Apr 2013.pdf](http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy%20airway%20clearance%20v4%20Apr%202013.pdf)

Assessment/ test breath- repeat this twice

- Breathe in slowly and quietly filling your chest
- Sigh out actively but NOT forced, listen and feel for where your secretions are
- If they are loud and at the beginning of your breath out, go straight to your high volumes, if they are in the middle start at your mid volumes and if they are quiet and at the end of your breath OR you can't hear anything start at your low volumes.

Low lung volumes

- Sigh all the way out thinking about moving the air and secretions from your leaves
- Breathe in as much as you need but no more, again thinking about filling ONLY your leaves and hold breath for 2 seconds
- Sigh all the way out
- Repeat at this volume until your secretions sound louder or trigger the urge to cough (but don't!)
- Put pressure on your chest with your hands to restrict your breath in if that helps

Mid lung volumes

- Repeat the above steps but allow yourself to fill your branches
- If your secretions become quieter again then go back to your lower volumes
- If your secretions become louder or feel higher, move to your high volumes.

High lung volumes

- Fill your big branches and trunk with your breath and continuing with your sigh out keeping in your high volumes
- Once you feel your secretions in your main airways huff and cough to clear- try not to do this too soon

Congratulations- you have finished one cycle!

Repeat your assessment breath and the whole cycle until your chest is clear.

Things to remember

- If prescribed, take-
 - DNase at least 1 hour before physio.
 - 'Blue' bronchodilator inhaler 5 minutes before to physio.
 - Hypertonic Saline before or during AD to aid clearance.
 - Nebulised antibiotics eg Colomycin after your physio session.
- Try to drink 2-3 litres per day to ensure secretions are well hydrated and get the most out of airway clearance.

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