### PROCEDURE CHECKLIST

**Chapter 35: Performing Percussion, Vibration, and Postural Drainage**

Check (✓) Yes or No

<table>
<thead>
<tr>
<th>PROCEDURE STEPS</th>
<th>Yes</th>
<th>No</th>
<th>COMMENTS</th>
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</thead>
</table>
| 1. Helps the patient assume the appropriate position based on the lung field that requires drainage:  
   a. **Apical areas of the upper lobes**: Has patient sit at the edge of the bed. Places a pillow at the base of the spine for support, if needed. If patient unable to sit at edge of the bed, places him in high Fowler’s position.  
   b. **Posterior section of the upper lobes**: Positions the patient in a supine position with pillow under his hips and knees flexed. Has the patient rotate slightly away from the side that requires drainage.  
   c. **Middle or lower lobes**: Places the bed in Trendelenburg’s position. Positions the patient in Sims’ position. To drain the left lung, positions the patient on his right side. For the right lung, positions the patient on his left side.  
   d. **Posterior lower lobes**: Keeping the bed flat, positions the patient prone with a pillow under his stomach. | | | |
| 2. Has the patient remain in the desired position for 10 to 15 minutes. | | | |
| 3. Performs percussion over the affected lung area while the patient is in the desired drainage position:  
   a. Promotes relaxation by instructing the patient to breathe deeply and slowly.  
   b. Covers the area to be percussed with a towel or the patient’s gown.  
   c. Avoids clapping over bony prominences, female breasts, or tender areas.  
   d. Cups the hands, with fingers flexed and thumbs pressed against the index fingers.  
   e. Places cupped hands over the lung area requiring drainage; percusses the area for 1 to 3 minutes by alternately striking cupped hands rhythmically against the patient. | | | |
| 4. Performs vibrations while the patient remains in the desired drainage position:  
   a. Places the flat surface of one hand over the lung area that requires vibration; places the other hand on top of that hand at a right angle. | | | |
b. Instructs the patient to inhale slowly and deeply.

c. Instructs the patient to make an “fff” or “sss” sound as he exhales.

d. As the patient exhales, presses the fingers and palms firmly against the patient’s chest wall and gently vibrates with the hands over the lung area.

e. Continues performing vibrations for 3 exhalations.

5. After performing postural drainage, percussion, and vibration, allows the patient to sit up. Has him cough at the end of a deep inspiration. Suctions the patient if he is unable to expel secretions.

6. If a sputum specimen is needed, collects it in a specimen container.

7. Repeats steps 1 through 5 for each lung field that requires treatment.

8. The entire treatment does not exceed 60 minutes.

9. Provides mouth care.

**Recommendation**: Pass _____ Needs more practice _____

Student: ______________________  Date: ______________________

Instructor: ____________________  Date: ______________________

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