

Haematology Department
Sickle Cell Crisis – Incentive Spirometry

Information for Parents and Carers



Patient name :

AH number :

Date provided/ by :

General information about
disease. If you are ever
contact your Sickle Cell Team or
Emergency Department.

This leaflet only gives general information. You must always discuss
the individual treatment of your child with the appropriate member of
staff. Do not rely on this leaflet alone for information about your
child's treatment.

This information can be made available in other languages and
formats if requested.

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PIAG: PIAGM4



Sickle cell disease?

Sickle cell disease have a
them feel reluctant to
medicines that belong to the
be used to treat sickle cell
breathing. All of these
ing a chest infection or a
been shown to reduce

Pneumetry?

Centive spirometer up-

When should my child use the incentive spirometer?

- When your child has a crisis particularly if it is into their back, stomach or chest OR
- When they are having a severe crisis with a pain score over 7 and are having difficulty moving/ walking.

How does my child use incentive spirometry?

Your child should sit up and hold the incentive spirometer upright. They should:

Place the mouthpiece of the incentive spirometer into their mouth. Make sure they make a good seal with their lips.

Breathe out (exhale) normally.

Breathe in (inhale) slowly and deeply. The ball in the incentive spirometer will rise as they take a breath in. Try to get the ball to rise as high as they can.

Your child should hold their breath for a few (three –five) seconds, then slowly release their breath and exhale.

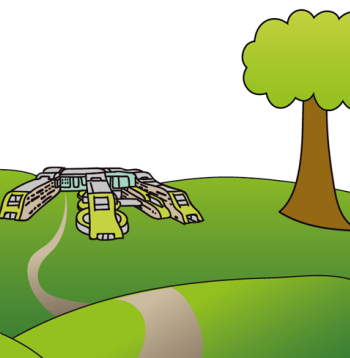
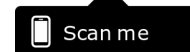
Repeat this routine for 10 times (ensuring a good technique)

How often should they use the incentive spirometry?

Every **two 2 when awake**. You don't need to wake your child up during the night to do it. If they are awake during the night you can perform incentive spirometry

QR code: Scan the image below with your mobile device to watch a tutorial of how to use the device and cleaning

<https://www.youtube.com/watch?v=eYLMVxK7AxE&t>



entive spirometer?

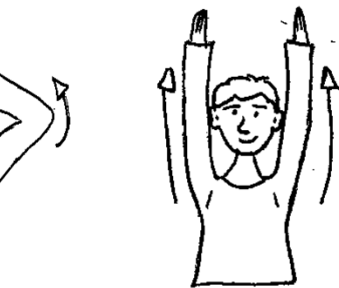
therapist how to use the
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breathing by getting
games. Also movement
o naturally take deeper

ometer at home?

pirometer when they
take this home for use
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ould be doing for my

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s on their heads and



2. Posture

Ensure your child keeps a good posture.

3. Pain management

Ensure that your child gets adequate pain medication

What should I do if I am worried about my child?

If you are worried about your child then contact your Sickle Cell Team or bring them to Accident and Emergency Department for review.

Further information

If you have any questions or want any further information please contact your Sickle Cell Team on 0151 252 5079.