

# A simple guide to GREAT PFT's

## Relax

- DON'T - Feel pressure to perform well.
- DO - Encourage a positive outlook.
- DO - Praise efforts and cooperation.
- DO - Be patient. Doing PFT's correctly is a learning process.
- DON'T - Feel anxious about results.

## Deep Breaths

- DON'T - Rush your breaths.

## Blow, Blow, Blow

- DON'T - Huff cough. This is #1 reason for a low PFT. Huff coughs are great for airway clearance, but not PFT's.
- DO - Practice blowing pinwheels, bubbles, etc.
- DO - Practice at home. It really helps.

## Listen and Communicate

- DO - Listen closely to instructions. When patients are nervous it can be difficult to listen.
- DO - Ask for instructions to be repeated if you don't understand.
- DO - Ask the respiratory therapist questions if something feels "off" or if you do not understand their directions.

## No Large Meals

- DON'T - Eat large meals prior to PFT.
- DON'T - Limit snacks. Snacking is ok.

## Hovering Parents

- DO - Allow the therapist to work with you or your child. The therapist will ask for help if needed.
- DON'T - Be a distraction. Some kids do better with parents in another room.

— Crista Jensen RRT, RPFT, RCP



CF Family Advisory Council

ATLANTA, GEORGIA