

*Procedure Checklists for Craven and Hirnle's Fundamentals  
of Nursing: Human Health and Function, 6th edition*

Name \_\_\_\_\_ Date \_\_\_\_\_

Unit \_\_\_\_\_ Position \_\_\_\_\_

Instructor/Evaluator: \_\_\_\_\_ Position \_\_\_\_\_

			<b>Teaching Deep Breathing</b>	
<b>Excellent</b>	<b>Satisfactory</b>	<b>Needs Practice</b>	<b>Goal:</b> To facilitate respiratory functioning by increasing lung expansion and preventing alveolar collapse; to encourage expectoration of mucus and secretions that accumulate in the airways after general anesthesia and immobility.	<b>Comments</b>
_____	_____	_____	1. Assist client to Fowler's or sitting position.	
_____	_____	_____	2. Have client place hands palm down, with middle fingers touching, along lower border of rib cage.	
_____	_____	_____	3. Ask client to inhale slowly through the nose, feeling middle fingers separate. Hold breath for 2 or 3 seconds.	
_____	_____	_____	4. Have client exhale slowly through mouth. Repeat three to five times.	
_____	_____	_____	5. Instruct, reinforce, and supervise deep-breathing and coughing exercises every 2 to 3 hours postoperatively.	
_____	_____	_____	6. Document procedure.	