

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

Name _____ Date _____
 Unit _____ Position _____
 Instructor/Evaluator: _____ Position _____

			Promoting Breathing With the Incentive Spirometer	
Excellent	Satisfactory	Needs Practice		
			Goal: To provide incentives via visual clues to the client regarding effective deep breathing; to improves pulmonary ventilation and oxygenation, loosens respiratory secretions, and prevents or treats atelectasis by expanding collapsed alveoli.	
				Comments
_____	_____	_____	1. Verify the physician order and identify the client.	
_____	_____	_____	2. Wash your hands.	
_____	_____	_____	3. Assist client to high Fowler's or sitting position.	
_____	_____	_____	4. Determine the volume to set incentive spirometry goal based on calculated lung volumes. You may use chart or have respiratory therapy calculated. Set volume indicator. Explain goal to client.	
_____	_____	_____	5. Instruct client in procedure:	
_____	_____	_____	a. Seal lips tightly around mouthpiece.	
_____	_____	_____	b. Inhale slowly and deeply through mouth. Hold breath for 2 or 3 seconds.	
_____	_____	_____	c. Have client observe his or her progress by watching the balls elevate or lights go on, depending on type of equipment used.	
_____	_____	_____	d. Exhale slowly around mouthpiece and breathe normally for several breaths.	
_____	_____	_____	6. Repeat procedure 5 to 10 times every 1 to 2 hours, per physician's orders.	