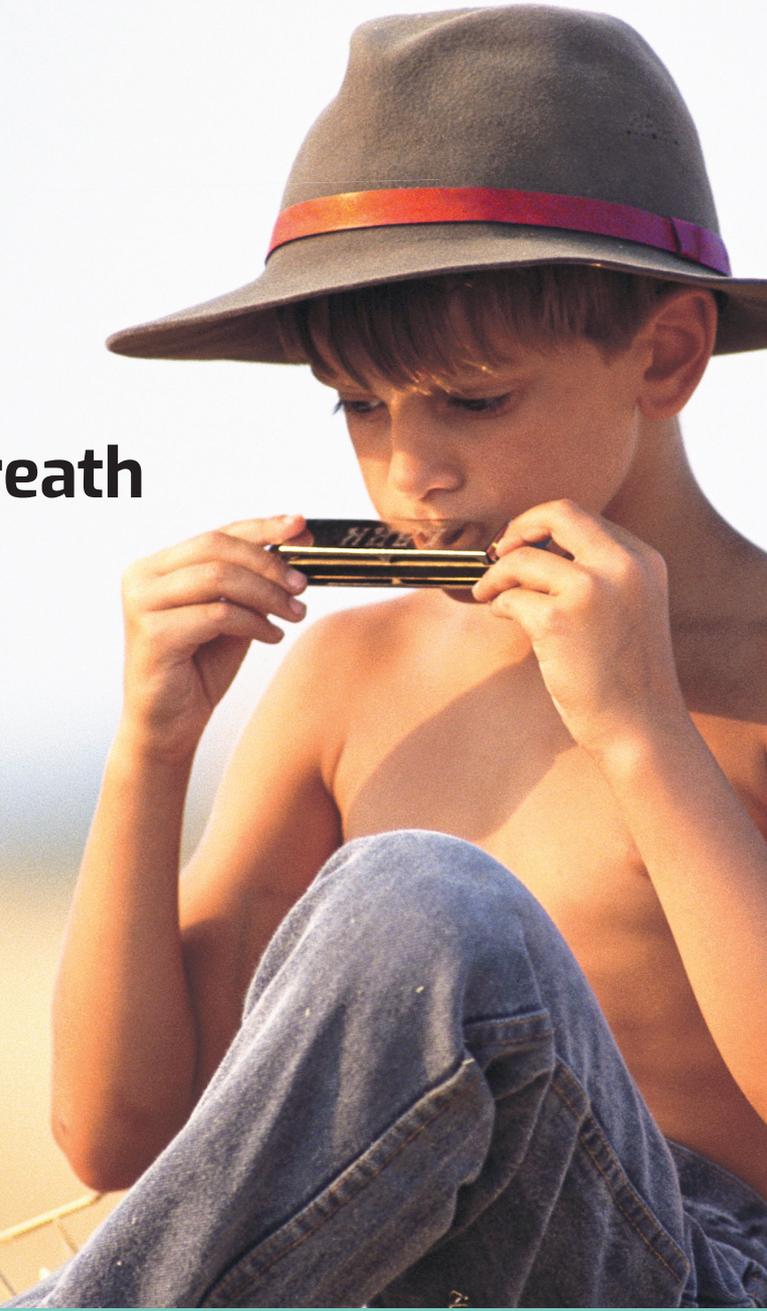


Pep/Rmt™

Improving breath by breath

Multi-application respiratory training
with Pep/Rmt



Pep/Rmt – four respiratory therapy categories from a single source

Pep/Rmt™ is a simple, easy-to-use training kit designed to improve patient respiratory performance. Choosing from a combination of masks, resistors and other options, you can configure a respiratory training or symptom-minimising tool that can be used in the clinic or at home. Pep/Rmt can be tailored for four specific therapies covering the full range of patient categories.

- Simple to use and adjust for patients and health care professionals alike
- Multiple scaling options allows you to adjust parameters as patient condition changes
- Quick setup and breakdown
- Documented effectiveness¹⁻⁴

References:

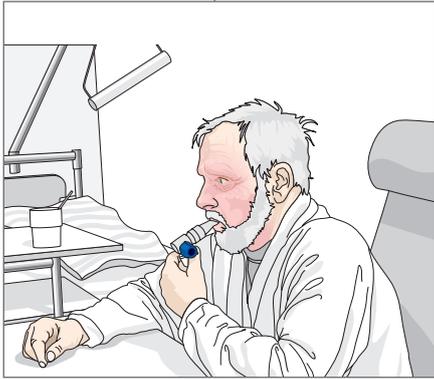
1. Ricksten SE, Bengtsson A, Soderberg C, Thorden M, Kvist H. Effects of periodic positive airway pressure by mask on postoperative pulmonary function. *Chest* 1986;89(6):774-81.
2. Geddes EL, Reid WD, Crowe J, O'Brien K, Brooks D. Inspiratory muscle training in adults with chronic obstructive pulmonary disease: A systematic review. *Respiratory Medicine* 2005;99:1440-58.
3. Elkins MR, Jones A, van der Schans C. Positive expiratory pressure physiotherapy for airway clearance in people with cystic fibrosis. *Cochrane Database Syst Rev* 2006 Apr 19;(2):CD003147.
4. Oberwaldner B, Evans JC, Zach MS. Forced expirations against a variable resistance: A new chest physiotherapy method in cystic fibrosis. *Pediatr Pulmonol* 1986;2:358-67.



PEP to normalise reduced lung volumes.

PEP can be used to normalise reduced lung volumes which can occur as a result of immobilisation, anaesthesia/surgery and neurological diseases.





PEP to normalise increased lung volumes.
PEP can be used to reduce excessive functional residual capacity as in the case of severe stages or exacerbation in obstructive pulmonary disease.



Inspiratory Muscle Training. IMT can be used to exercise strength and endurance in the inspiratory muscles in patient groups with impaired muscle function, as in chronic obstructive pulmonary disease (COPD) and various neurological diseases. It is also used to lower the risk of postoperative lung complications in patients undergoing heart surgery and for athletes to increase performance.



Secretion elimination with PEP and HiPEP. PEP can be used in the case of increased secretion in the airways, as in cystic fibrosis and COPD and in the case of infection in people with multiple severe disabilities.
HiPEP is a method for eliminating secretion from the airways using forced exhalation, against an expiratory resistance, to residual volume.



Product range

Pep/Rmt sets – mask/mouthpiece, valve and resistor set

71100	Pep/Rmt™ set with infant mask	1 set
71101	Pep/Rmt™ set with child mask	1 set
71102	Pep/Rmt™ set with adolescent mask	1 set
71103	Pep/Rmt™ set with adult mask	1 set
71104	Pep/Rmt™ set with adult mask large	1 set
71108	Pep/Rmt™ set with mouthpieces	1 set

Valves and resistors

71119	Pep/Rmt™ valve	1 pce
71120	Resistor set	8 pce
71121	Resistor 1.5 mm black	5 pce
71122	Resistor 2 mm white	5 pce
71123	Resistor 2.5 mm yellow	5 pce
71124	Resistor 3 mm blue	5 pce
71125	Resistor 3.5 mm green	5 pce
71126	Resistor 4 mm orange	5 pce
71127	Resistor 5 mm brown	5 pce
71128	Resistor 6 mm purple	5 pce

Accessories

71109	Mouthpieces	3 pce
71110	Infant mask	1 pce
71111	Child mask	1 pce
71112	Adolescent mask	1 pce
71113	Adult mask	1 pce
71114	Adult mask large	1 pce
71118	Tracheostomy adapter	1 pce
71130	Pep/Rmt™ manometer -100 to +150 cm H2O + T-connector	1 pce
71131	Pep/Rmt™ manometer -30 to +30 cm H2O + T-connector	1 pce
71132	T-connector for manometer	1 pce
71133	Spare glass for manometer	1 pce



71100 - 04



71108



71109



71110 - 14



71118



71119



71120 - 28



71130



71131



71132



71133

Mediplast offer comprehensive assistance and education together with our products. We pride ourselves in offering premium quality products which are thoroughly tested and easy to use. Do not hesitate to contact us for any matter regarding our Pep/Rmt system. We will be delighted to assist you.

Sizeguide Masks

		L x W x H
71110	Infant mask	70mmx60mmx48mm
71111	Child mask	85mmx71mmx48.3mm
71112	Adolescent mask	101mmx80mmx70mm ±5mm
71113	Adult mask	115mmx90mmx80mm ±5mm
71114	Adult mask large	125mmx100mmx83mm ±5mm