

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. Documented effectiveness.[1–4]



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.

References:
1. Larsson, Sofia Clase and Olsén, Monika Fagevik(2006)'An evaluation of positive expiratory pressure using mask and mouthpiece', Advances in Physiotherapy 2006; 8:3,116 — 121
2. Lähteenmäki Sabina Isabel, Sioris Thanos, Mahrberg Heidi S. S. , Rinta-Kiikka Irina C. , Laurikka Jari O. 'A randomized trial comparing inspiratory training and positive pressure training in immediate lung recovery after minor pleuro-pulmonary surgery'. J Thorac Dis 2021;13(8):4690-4702
3. Olsén Monika Fagevik, Lannefors Louise, Weterdahl Elisabeth. 'Positive expiratory pressure - Common clinical applications and physiological effects' .Respir Med. 2015 Mar;109(3):297-307.doi: 10.1016/j.rmed.2014.11.003. Epub 2014 Nov 12.
4. Kiernan N, Johnstone B, Anderson P,et al. Positive expiratory pressure (PEP) therapy. What pressures do we achieve in young children with cystic fibrosis? A single-centre study. BMJ Paediatrics Open 2020;4:e000792. doi:10.1136/bmjpo-2020-000792

PRODUCT RANGE

PEP/RMT SETS – MASK/MOUTHPIECE, VALVE AND RESISTOR SET		QTY
71100	PEP/Rmt set with infant mask	1
71101	PEP/Rmt set with child mask	1
71102	PEP/Rmt set with adolescent mask	1
71103	PEP/Rmt set with adult mask	1
71104	PEP/Rmt set with adult mask large	1
71108	PEP/Rmt set with mouthpieces	1

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

ACCESSORIES		QTY
71109	Mouthpieces	1
71110	Infant mask	1
71111	Child mask	1
71112	Adolescent mask	1
71113	Adult mask	1
71114	Adult mask large	1
71118	Tracheostomy adapter	1
71130	PEP/Rmt manometer - 100 to +150 cm H20 + T-connector	1
71131	PEP/Rmt manometer - 30 to +30 cm H20 + T-connector	1
71134	PEP/Rmt manometer -150 to +100 cm H20 + T-connector	1
71132	T-connector for manometer	1
71133	Spare glass for manometer	1


71100 - 04


71108


71119


71120 - 28


71121 - 28


71109


71110 - 14


71118


71130, 71131, 71134


71132


71133

CLEANING

All PEP/Rmt components, except the manometer and related manometer accessories, are designed to withstand repeated cleaning, disinfection and/or sterilisation according to the methods described in the Instructions for Use. For detailed cleaning recommendations for each component, please refer to the IFU.

SIZE GUIDE MASKS

Art.nr:	Name:	LxWxH:
71110	Infant mask	70mmx60mmx48mm
71111	Child mask	85mmx71mmx48.3mm
71112	Adolescent mask	101mmx80mmx70mm ±5mm
71113	Adult mask	115mmx90mmx80m ±5mm
71114	Adult mask large	125mmx100mmx83mm ±5mm



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