

# Comparison Guide: Positive Expiratory Pressure Therapy Systems

## Make an Informed Decision on Options for Respiratory Care



|  | Acapella Choice™ Blue Vibratory PEP Therapy System   | Aerobika® Oscillating PEP Therapy System   |
|--|--|--|
| Intended patient parameters                        | Minimum of $\geq 15$ liters per minute   | 10 liters per minute <sup>1</sup>  |
| Clinically supported evidence                      | Included in multiple peer reviewed papers: <a href="#">Acapella OPEP therapy—Google Scholar</a> .  | Included in multiple peer reviewed papers: <a href="#">Aerobika OPEP therapy—Google Scholar</a> .  |
| Option to connect nebulizer for combined treatment | Can be used with a nebulizer for combined therapy.   | Can be used with a nebulizer for combined therapy. <sup>1</sup>  |
| Adjustable resistance settings                     | Adjust the dial with an audible click on each setting.<br><br>A total of 20 variable resistance settings to allow for the fine tuning of resistance level. | Resistance can be increased by moving the indicator to the left. To reduce resistance, move the indicator to the right. <sup>1</sup><br><br>A total of 5 variable resistance settings to allow for the fine tuning of resistance level. <sup>1</sup> |
| Disassembly and reassembly                         | Disassembles into 4 parts  | Disassembles into 4 parts <sup>1</sup>   |
| Cleaning and disinfecting methods                  | Cleaning: soap and water or dishwasher<br><br>Disinfecting: boiling and 70% isopropyl alcohol soak   | Cleaning: soap and water or dishwasher <sup>1</sup><br><br>Disinfecting: boiling, microwave steam bag and 70% isopropyl alcohol soak, hydrogen peroxide and bleach <sup>1</sup>  |
| Techniques for use                                 | The magnetic rocker assembly allows effective therapy in any position—sitting, standing, reclining, and Trendelenburg.                                     | Recommended that treatments be done in a comfortably seated position. <sup>1</sup>   |
| Design and manufacturing                           | In the USA   | In Canada <sup>1</sup>   |

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1. Instructions for Use | Instrucciones de Uso. (n.d.). [https://www.monaghanmed.com/wp-content/uploads/2024/04/TMI-Product-Insert\\_110248\\_001-revA70.pdf](https://www.monaghanmed.com/wp-content/uploads/2024/04/TMI-Product-Insert_110248_001-revA70.pdf)