

Make Breathing Easier... Easier

With Oscillating Positive Expiratory Pressure (OPEP) Therapy



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How OPEP Therapy Can Help Clear Airways

For patients with chronic respiratory conditions like cystic fibrosis, COPD, bronchiectasis, or asthma, mucus buildup in the lungs can make breathing more difficult and compromise lung function.¹⁻² With oscillating positive expiratory pressure (OPEP) therapy, patients have an effective, non-pharmaceutical way to enhance airway clearance and improve breathing.

OPEP therapy works by using a handheld device like the Acapella™ Respiratory Therapy System to create oscillating pressure during exhalation. As a patient exhales through the device, it produces pressure oscillations that generate vibrations in the bronchial walls. These vibrations help mobilize mucus trapped in the airways, pushing it toward larger passages where it can be expelled more easily. This process not only clears mucus but also reduces gas trapping, which improves ventilation and oxygenation in the lungs.³

“Positive pressure and oscillation help mobilize mucus trapped in the airways and makes it easier to expel.”

Once the mucus is mobilized, huff coughing techniques can help to expel it from the airways. OPEP therapy can be particularly beneficial for individuals who experience frequent lung infections due to mucus buildup, as clearing the airways reduces the risk of bacterial growth and subsequent infections.

A Reliable Tool for Managing Symptoms

OPEP therapy offers a wide range of benefits to those suffering from chronic respiratory diseases. By clearing excess mucus

from the lungs, it can help reduce shortness of breath and improve lung function, which allows for better gas exchange and oxygenation.³ Regular use of OPEP devices has been shown to significantly improve quality of life for individuals dealing with conditions like COPD and bronchiectasis.

“By promoting mucus clearance, OPEP therapy helps patients breathe easier and reduces the risk of infections.”

For many patients, the ability to incorporate OPEP therapy into their daily routine provides not only physical relief but also peace of mind. Knowing they have a reliable tool to manage symptoms can help patients feel more in control of their health and reduce the anxiety that often accompanies chronic respiratory conditions.

Why OPEP Therapy Is Essential for Respiratory Health

Respiratory health is deeply connected to overall well-being. Without effective airway clearance, patients are at a higher risk for infections, decreased lung function, and overall diminished quality of life. OPEP therapy offers a straightforward, non-invasive way to manage these risks. It can be easily integrated into existing treatment plans and is suitable for patients across a broad range of respiratory conditions.

Furthermore, OPEP therapy does not rely on pharmaceutical intervention, making it a safe option for those who may not respond well to medications or prefer to avoid them when possible. For patients and healthcare providers, this versatility makes OPEP therapy a valuable part of respiratory care strategies.

Could OPEP Therapy Benefit Your Patients?

For patients living with chronic respiratory conditions, the struggle with mucus buildup can be a daily challenge that impacts both their comfort and quality of life.

As a clinician, incorporating OPEP therapy into your treatment approach offers a compassionate, non-invasive way to help patients manage this burden. Regular use of OPEP devices can provide meaningful relief by improving airway clearance and supporting better lung function, ultimately helping patients breathe easier and reducing their risk of complications.⁴

By considering OPEP therapy as part of their care plan, you can give your patients an effective tool that enhances their well-being and supports their journey to better respiratory health.

References

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