

Cambridge English for
Nursing

MEDICAL TECHNOLOGY

UNIT 2 The Incentive Spirometer

Kylie is a ten-year-old patient who has recently had an operation. It is important that she uses an Incentive Spirometer as part of her post-operative care. Jane, the Ward Nurse, uses a number of strategies to help Kylie understand the instructions and to make her feel at ease.

a Listen to the conversation and answer the following questions. **Technology 2**

- 1 What is another name for an Incentive Spirometer?
- 2 What is it used for?
- 3 How does it work?
- 4 How often should the patient use it?

b Listen again and put the following instructions in the correct order. **Technology 2**

- ☐ keep them in the air for five seconds
- ☐ take a normal breath
- ☐ repeat every hour whilst you're awake
- ☐ push up the three balls
- ☐ blow into the mouthpiece

c In pairs, read the conversation and find the strategies Jane uses to ensure Kylie understands how to use the Incentive Spirometer and the strategies Jane uses to put Kylie at ease.

Jane: Hello Kylie. Let me come and sit down with you. How are you today?

Kylie: Hi Jane. I'm okay. What's that in your hand?

Jane: It's an Incentive Spirometer. We call it a Triflow. I want to show you how to use it. Do you remember, we talked about this before you went for your operation?

Kylie: Oh, what is it again? I've forgotten.

Jane: It's to help get your lungs working well after the anaesthetic. We want to make sure that you don't get a chest infection.

Kylie: Oh, I get it.

Jane: Right, can you see the three blue balls?

Kylie: Yes, I can.

Jane: The light blue ball is the easiest to push up but the dark blue is quite hard. I want you to try to push up the three balls with your breath.

Kylie: OK. I blow into the mouthpiece, do I?

Jane: Yes, I want you to take a normal breath and blow into the mouthpiece. I'll show you.

Kylie: Okay. What do I do after that?

Jane: When you have pushed up the three balls try to keep them up for five seconds then breathe out. I'll show you. Can you count five seconds for me?

Kylie: Yeah, one, two, three, four, five.

Jane: Great.

Kylie: Yeah, but why do I have to do this?

Jane: It's to improve your respiratory muscles and lung capacity – the amount of air that goes into and out of your lungs.

Kylie: Oh right. How often do I have to do it?

Jane: Well, take five to ten breaths at a time and try to use it every hour whilst you're awake. Do you think you could do that?

Kylie: OK, I'll give it a go.