

How to help your child's recovery from a chest infection - younger child



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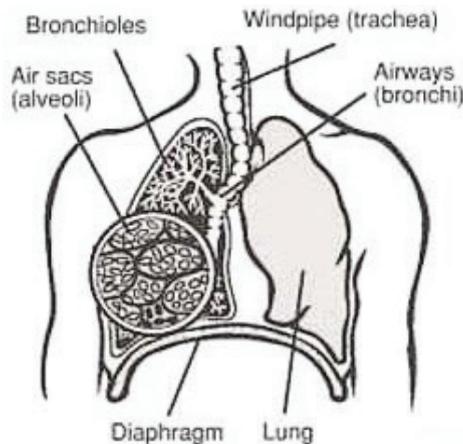
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Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Chest infections can cause your child to cough more to clear mucous from the lungs. Physiotherapy in the form of breathing exercises/activities can help clear your child's chest and ensure your child can breathe using the whole of their lungs.



Our lungs work best when we are active so if your child has been unwell and in bed their lungs will not expand as much as when they are running around. As soon as your child is able to sit up in bed help them to do so. Children may tire easily after any illness so bursts of activity, for example walking round their bed or a short trip to the playroom are the starting point to their recovery.

Chest infections clear faster in children who are well hydrated, so make sure your child is offered drinks.

If coughing appears painful ensure your child is having regular analgesia/painkillers.

If your child remains in their bed, for example if they require oxygen, there are activities to help their lungs. Any activity that requires a deeper breath helps to open up the lungs and move mucous closer to the throat for an effective cough. Blowing bubbles or whistles can be fun. Encourage your child to take a big breath to blow a long line of bubbles or make a really loud noise with the whistle. Try to encourage some deep breaths every hour and allow your child to cough. Young children often swallow the mucous as they cannot expectorate (cough any mucous into their mouths).

When your child is ready; encourage them to go for walks around the ward or find the mini trampoline in the play room.

Your physiotherapist is called

Physiotherapy Department
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