



# Quad Coughing

**This handout explains how to do quad coughing. This is a way to help clear secretions from your airway.**

Quad coughing helps clear secretions from your airway. You will need a helper to apply a directed push to help strengthen your cough. If needed, a nurse or respiratory therapist can help you learn how to do quad coughing.

## Steps for the Helper

1. The patient can be on their back in bed or sitting up in a chair, with the chair tilted back. If the patient uses a wheelchair, place it against a wall or other stable object and make sure the brakes are locked.
2. Face the patient and place your hands in one of these 2 positions (see below and on page 2):



**Position 1:** Place one hand on top of the other, with the heels of your hands together. Press just below the patient's breastbone, centered beneath their ribcage.

**or**

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## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

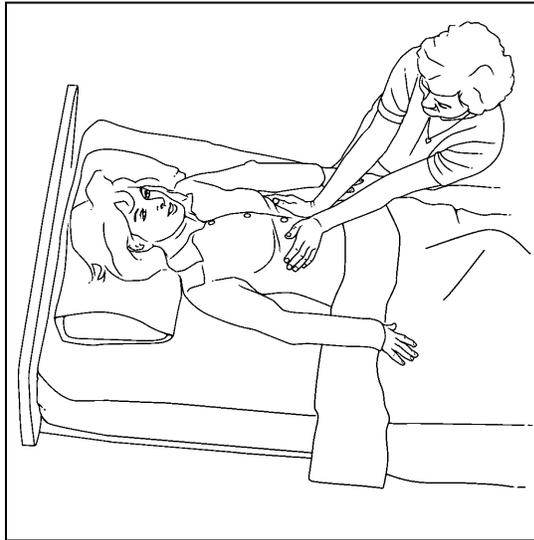
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**Position 2:** Place your hands on either side of the patient's body, just below the ribcage. Fit your hands into the shape of the stomach. **Do NOT place any pressure on the ribs and sternum.**

3. Ask the patient to take 3 deep breaths. On the 3rd *exhale* (breath out), the patient should try to cough. When the patient tries to cough, do a quick, deep, upward push with your hands at the same time.
4. Repeat step 3 until secretions are freed from the patient's airway.

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