



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

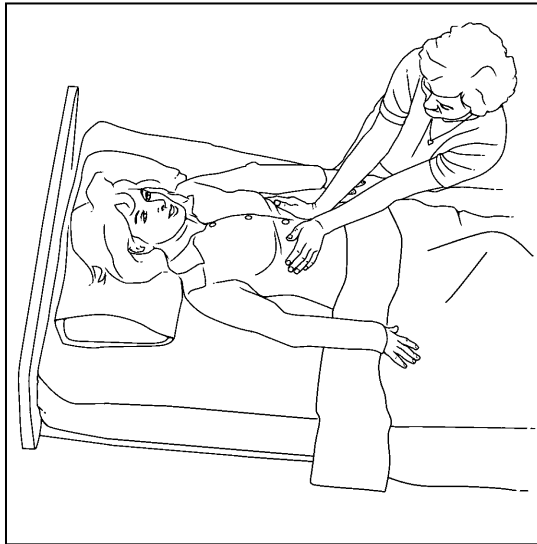
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Questions?

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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