

CF Guidelines - Nebulised Hypertonic Saline

Administration chart for hypertonic saline:

Affix patient Sticker:

Date.....

Presenting condition, i.e. CF, Bronchiectasis etc:.....

Step 1:

- If patient prescribed routine bronchodilators:
- Ensure medication taken as normal.
- Administer bronchodilator if next dose due.

Step 2:

- Take baseline spirometry (If bronchodilators administered, wait 15 minutes):

Pre FEV₁:

PreFVC:

If FEV₁ <30%, give trial of 1.8% hypertonic saline first. If this is tolerated then perform trial of 6% saline on a separate occasion.

Record baseline oxygen saturation:%

Step 3:

- Administer hypertonic saline:

Record strength of Hypertonic Saline:%

Step 4:

- Repeat Spirometry after 15-30 minutes:

Post FEV₁:

PreFVC:

Repeat oxygen saturations:%

Step 5:

- Calculate the change in FEV:

$$\frac{(\text{Pre FEV}_1 - \text{Post FEV}_1) \times 100}{\text{Pre FEV}} = \dots\dots\dots$$

Change in FEV₁:%

Routine use of Hypertonic Saline not recommended if FEV₁ drops by 15% from baseline or baseline sats drop by >5% from baseline.

If patient not prescribed routine bronchodilators and trial stopped due to significant drop in FEV₁, above may be repeated on separate occasion using pre-test bronchodilator.

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