



# HUFF COUGH

Huffing, also known as huff coughing, is a technique that helps move mucus from the lungs. It should be done in combination with another ACT. It involves taking a breath in, holding it, and actively exhaling. Breathing in and holding it enables air to get behind the mucus and separates it from the lung wall so it can be coughed out. Huffing is not as forceful as a cough, but it can work better and be less tiring. Huffing is like exhaling onto a mirror or window to steam it up.

The Huff Coughing Technique:

- Sit up straight with chin tilted slightly up and mouth open.
- Take a slow deep breath to fill the lungs about three quarters full.
- Hold breath for two or three seconds.
- Exhale forcefully, but slowly, in a continuous exhalation to move mucus from the smaller to the larger airways.
- Repeat this maneuver two more times and then follow with one strong cough to clear mucus from the larger airways.
- Do a cycle of four to five huff coughs as part of your airway clearance.

**Advantages:**

- Should be done in conjunction with other ACT's such as P&PD, PEP therapy, etc.
- Does not require expensive equipment.
- Can be taught to young children.
- Patients can adapt the technique to their specific mucus production that day.
- Greater independence.

**Disadvantages:**

- Patient must perform several cycles of ACBT to be considered a sufficient ACT.
- Patient must be able to concentrate appropriately and consistently on the three components of the technique.

<https://www.cff.org/Life-With-CF/Treatments-and-Therapies/Airway-Clearance/Airway-Clearance-Techniques/>

References:

<https://www.cff.org/Life-With-CF/Treatments-and-Therapies/Airway-Clearance/Coughing-and-Huffing/>