

Temiskaming Hospital

October 29, 2008

Respiratory Therapy to the Rescue!

I awake in the night, my sleep once again disturbed by my daughter's call. "Mom my chest hurts". I enter her room; a cough rattles in her 8 yr old chest. Her eyes are puffy, dark circles beneath. This is the third time this week we are pulled into a draining tug of war in attempt to calm her breathing. After waiting minutes for her blue rescue puffer to quiet the bark, I give in to another visit to our emergency room. Breathing much easier we leave the ER with a new prescription and an even newer request to visit with a Respiratory Therapist.

Weeks later we are welcomed into an office where on the walls hang pictures of balloon like lungs and highways of airways. "What do I have to do" asks my curious little girl. "Today you are going to have your breathing measured, we need to know how much air you have and how fast you can blow that air out of your lungs."

The Respiratory Therapist (RT) coaches her through the test. I watch my daughter follow along while sitting in a clear open box, puffing through a mouthpiece. "It's actually fun mom" She reports. "Here, let's use a rescue puffer and see how much faster you can huff and puff" suggests the RT.

Better nights sleep with no coughing is our goal. Proper use of the inhaler is clear, and we are on our way to asthma control. We often see our Respiratory Therapist. I have the tools to keep the wheezes at bay.

Lung function testing to help your doctor diagnose if you might have either Asthma or COPD is what a Respiratory Therapist does at Temiskaming Hospital.

**It's Respiratory Therapy week October 27 to November 2, 2008.
Visit Angela Herd and explore the roles of the RT.**



Temiskaming Hospital
(705) 647-8121
www.temihosp.on.ca

Visiting Hours:

- 10:00 a.m. to 8:00 p.m. for medical patients, surgical patients and Long-Term Care patients;
- 2:00 to 4:00 p.m. and 6:00 to 8:00 p.m. for obstetrics patients;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).

The information contained in this article was provided by Angela Herd, RRT, Temiskaming Hospital