

Pep/Rmt™

Improving breath by breath

Multi-application respiratory training with Pep/Rmt



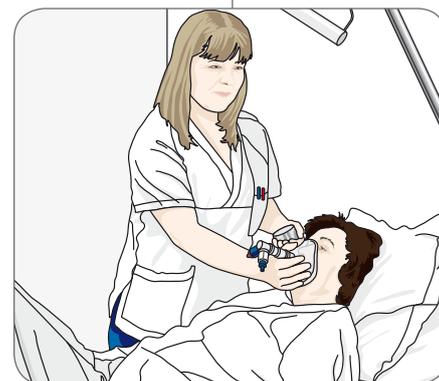
Pep/Rmt – four respiratory therapy categories from a single source

Pep/Rmt™ is a simple, easy-to-use training kit designed to improve patient respiratory performance. Choosing from a combination of masks, resistors and other options, you can configure a respiratory training or symptom-minimising tool that can be used in the clinic or at home. Pep/Rmt can be tailored for four specific therapies covering the full range of patient categories.

- Simple to use and adjust for patients and health care professionals alike
- Multiple scaling options allows you to adjust parameters as patient condition changes
- Quick set-up and breakdown
- Documented effectiveness¹⁻⁴

References:

1. Ricksten SE, Bengtsson A, Soderberg C, Thorden M, Kvist H. Effects of periodic positive airway pressure by mask on postoperative pulmonary function. *Chest* 1986;89(6):774-81.
2. Geddes EL, Reid WD, Crowe J, O'Brien K, Brooks D. Inspiratory muscle training in adults with chronic obstructive pulmonary disease: A systematic review. *Respiratory Medicine* 2005;99:1440-58.
3. Elkins MR, Jones A, van der Schans C. Positive expiratory pressure physiotherapy for airway clearance in people with cystic fibrosis. *Cochrane Database Syst Rev* 2006 Apr 19;(2):CD003147.
4. Oberwaldner B, Evans JC, Zach MS. Forced expirations against a variable resistance: A new chest physiotherapy method in cystic fibrosis. *Pediatr Pulmonol* 1986;2:358-67.



PEP to normalise reduced lung volumes. PEP can be used to normalise reduced lung volumes which can occur as a result of immobilisation, anaesthesia/surgery and neurological diseases.



Product range

71100	Pep/Rmt™ set with infant mask	71108	Pep/Rmt™ set with mouthpieces	71113	Adult mask
71101	Pep/Rmt™ set with child mask	71109	Mouthpieces	71114	Adult mask large
71102	Pep/Rmt™ set with adolescent mask	71110	Infant mask	71119	Pep/Rmt™ valve
71103	Pep/Rmt™ set with adult mask	71111	Child mask	71120	Resistor set, 8 pieces
71104	Pep/Rmt™ set with adult mask large	71112	Adolescent mask	71121	Resistor 1.5 mm black, 5 pieces



PEP to normalise increased lung volumes.

PEP can be used to reduce excessive functional residual capacity as in the case of severe stages or exacerbation in obstructive pulmonary disease.



Inspiratory Muscle Training. IMT can be used to

exercise strength and endurance in the inspiratory muscles in patient groups with impaired muscle function, as in chronic obstructive pulmonary disease (COPD) and various neurological diseases. It is also used to lower the risk of post-operative lung complications in patients undergoing heart surgery and for athletes to increase performance.



Secretion elimination with PEP and HiPEP. PEP can be used in the case of

increased secretion in the airways, as in cystic fibrosis and COPD and in the case of infection in people with multiple severe disabilities.

HiPEP is a method for eliminating secretion from the airways using forced exhalation, against an expiratory resistance, to residual volume.



- 71122 Resistor 2 mm white, 5 pieces
- 71123 Resistor 2.5 mm yellow, 5 pieces
- 71124 Resistor 3 mm blue, 5 pieces
- 71125 Resistor 3.5 mm green, 5 pieces
- 71126 Resistor 4 mm orange, 5 pieces

- 71127 Resistor 5 mm brown, 5 pieces
- 71128 Resistor 6 mm purple, 5 pieces

- 71130 Pep/Rmt™ manometer 0 to 60 cm H₂O
- 71131 Pep/Rmt™ manometer -30 to +30 cm H₂O
- 71132 T-connector for manometer
- 71133 Spare glass for manometer

All products are CE marked.

Order the educational material by e-mail: export.se@astratech.com



Astra Tech HealthCare offers comprehensive assistance and education together with our products. We pride ourselves in offering premium quality products which are thoroughly tested and easy to use. Do not hesitate to contact us for any matter regarding our Pep/Rmt system. We will be delighted to assist you.

