



Prescribing Policy for Supply of Flutter® Device for Mucus Clearance

North East Essex CCG does not support the prescribing of Flutter® or similar devices for mucus clearance due to limited evidence on FP10.

Flutter® is an oscillating positive expiratory pressure device to relieve airway mucus accumulation by encouraging gentle coughing which helps to remove the mucus.

A Cochrane review of 708 patients did not show significant difference in effect between oscillating devices and other methods of airway clearance (such as physiotherapy) on FEV(1) or other lung function parameters.

Recommendations

- Do not prescribe Flutter® or similar devices
- Patients should be referred to back to the specialist for supply.

References:

- Cochrane Database of Systematic Reviews (2014) 'Oscillating devices for airway clearance in people with cystic fibrosis', Available at: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD006842.pub3/epdf> (Accessed: 22/03/17)