

# Steam Inhalation and MND

## What is steam inhalation?

Steam inhalation involves breathing in steam from heated water to help fill the lungs with warm, moist air via the nose and throat. It can be helpful in thinning down and loosening up any thick and sticky secretions that are sitting in the mouth or back of the throat. This makes these secretions easier to cough up and spit out.

## What to do:

### Try a cup steam

- Pour hot water in a cup. Carefully bring the cup up close to your mouth and nose and breath in the steam.
- This is quick and easy way of performing a steam inhalation several times a day.



### Try a bowl steam

- Place a bowl on a table so that you can easily sit at and lean over it comfortably.
- Boil enough water to fill the bowl  $\frac{3}{4}$  of the way full with hot water.
- Let the hot water sit for a minute to cool slightly – you don't want to burn yourself.
- Cover your head, and keeping your eyes closed, lean over the filled bowl, keeping your face about 20 cm away from the water. Use a hand towel or tea towel, to create a tented seal around your head, effectively trapping the steam in.
- Inhale the steam, taking slow breaths, for about 2 minutes.



### Try a steam room

- Run your shower as warm as it safe to do so when turning the tap on and off.
- Close the door so you trap the steam in the bathroom.
- Sit outside the shower and breath in the warm moist air for 10 minutes.

### Try a room humidifier

Try using a room humidifier at night to add moisture to the air while you sleep.

Watch this video:

Steam Inhalation



<https://metronorth.health.qld.gov.au/rbwn/healthcare-services/neurology/motor-neurone-disease>

Speech Pathologist: \_\_\_\_\_

Date: \_\_\_\_\_