

Continuous Positive Airway Pressure (CPAP)

Respiratory Centre

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

CPAP (pronounced "see pap") is used as a treatment for obstructive sleep apnoea syndrome and to treat some other sleep disordered breathing conditions.



How does it work?

- CPAP works by delivering pressurised air into the upper airway via a mask covering the mouth and/or nose to keep the airways open during sleep.
- It prevents the airway from collapsing and improves your quality of sleep.



The CPAP system consists of:

- A pump to produce the pressurised air
- A humidifier to warm and moisten the air for increased comfort
- A flexible length of tubing to carry the air to you

- A close fitting mask worn over the mouth and/or nose, with ports to allow the exhaled air to escape
- Head straps to hold your mask in place



How do I use the CPAP?

- Fill the water tank to the maximum water fill line
- Fit your mask with the CPAP turned off. Adjust the head straps for a snug fit
- Check and readjust head-straps when lying down
- Switch CPAP machine on and breathe normally



How do I turn it on?

- Plug your CPAP into the power supply
- Use the **power button** located on top of the CPAP machine, tap this to turn the air on and off



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How do I adjust the humidifier?

- Tap the my options using the touchscreen
- Tap the humidity level and then tap the preferred setting
- Start with a setting of 4 (default). If this is too little moisture you can turn it up or if this is too much you can turn it down
- Changing the humidifier setting will not change the CPAP pressure, it is a comfort setting



What should I expect when using the CPAP?

It is normal to feel some resistance to breathing out, this is because you are having to breathe out against the incoming air pressure. Your body will have no difficulty in doing this when you are asleep, but it can take a while to get used to this feeling.

If you wake in the night and feel uncomfortable with the pressure of the machine, switch it off and take the mask off for a few minutes. Put the mask back on, get it adjusted and comfortable before switching the machine on.

At first, don't worry if you are not able to use the CPAP all night. Even just 4 hours with the CPAP is likely to improve the quality of your sleep.

When you wake in the morning, you may feel more refreshed than normal but some people take a few nights to feel any effects of the CPAP treatment.

How will my treatment be reviewed?

We can remotely access the machine data using the GPS network - this allows us to check:

- Your use
- The pressure settings and alter them accordingly if required
- Trouble shoot errors
- Mask leak profile
- If the CPAP machine is treating you effectively
- No personal information is stored on the CPAP device
- This information will help us tackle any problems should they arise without you having to come into the department
- You will also have a formal follow up in the department scheduled



What problems may I run into?

1) Mask Fitting:

- Masks do not need to be tightly fastened and small leaks around the lower part of the face are acceptable
- If the mask is uncomfortable, if it leaks into the eyes despite altering mask position or leaves red marks on the bridge of the nose that last longer than 20 minutes after removing the mask, then please contact the Sleep Service for advice

- If your mask breaks or needs replacing then please also contact us for help and advice
- Each mask has a lifespan of nine to 12 months

2) Runny nose, sneezing fits, dry nose, mouth or throat:

- These are common and should settle in a few days. Use the humidifier to treat a dry nose, mouth or throat. If symptoms persist please contact the Sleep Service for advice

Do I need to clean the equipment?

It is very important to keep your mask and tubing clean to prevent infection and damage to the equipment.

Please clean the equipment as follows:

Daily:

Take apart your mask as you were shown by staff at your hospital appointment. Wash your mask in a bowl of warm soapy water. Rinse thoroughly with cold clean water and allow to air dry before reassembly. Do not use bleach or alcohol based products as these will damage the masks

Weekly:

Remove tubing from machine and place with mask and headgear into a bowl of warm water with washing up liquid in it for about 10 minutes. Rinse thoroughly with clean water and then leave all the equipment to drip dry. **Do not** place any equipment directly onto a radiator or heater to dry.

Also wipe the CPAP machine down with a damp cloth to keep it dust and dirt free.

Filters:

The filter at the side of the machine should be replaced every three months. Spare filters will be provided in your CPAP bag.

Do I need to bring the CPAP with me to hospital appointments?

Bring your CPAP with you to any appointments relating to your CPAP treatment, for example if you have a follow up appointment at the Respiratory Centre.

If you have to visit hospital for an overnight stay for any reason, you will need to bring your CPAP equipment with you.

This is very important as we do not have spare machines to loan to the wards. You must inform Doctors and Anaesthetists that you are on CPAP treatment. This is particularly important if you are to have a general anaesthetic as you may need your CPAP after your operation.

Does CPAP use affect my driving?

If you have been diagnosed with Obstructive Sleep Apnoea Syndrome (OSAS), which is where you have both OSA and excessive daytime tiredness, and hold any driving licence then you must, by law, inform the DVLA that you have OSAS and that you are being treated with CPAP. Your motoring insurer should also be notified with the same information. You should refrain from driving until your symptoms are controlled.

DVLA Contact Details:

Drivers Medical Group

DVLA

Swansea, SA99 1TU

Telephone: Cars/Motorcycles: 0300 790 6806

Lorry and Buses: 0300 790 6807

Website: www.direct.gov.uk/obstructive-sleep-apnoea-and-driving

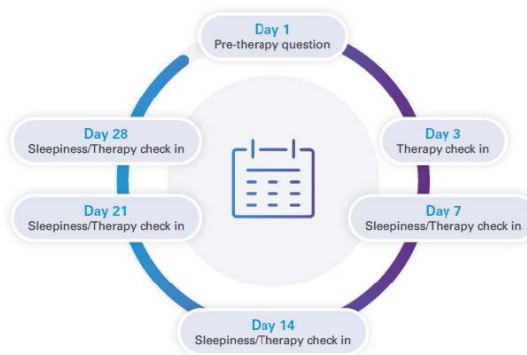


What if I am going on holiday?

- If you are going away on holiday then you can take your CPAP machine with you. If you are flying, your CPAP needs to be carried as hand luggage to stop it getting lost or damaged, and must not be transported in the hold. If required we can provide information to explain this to the airline
- Please contact us if you are wanting to use your CPAP on the airplane.
- If you use supplementary oxygen this needs discussion with the doctor or physiologist before you book your flight

What is Care Check-In?

Care Check-In monitors your wellbeing on treatment, especially during the crucial first 28 days of therapy. At each Care Check-In point, up to three questions will appear on your CPAP device or myAir app. You can choose to answer questions* or to skip them.



1. Sleepiness questions: to understand how you are feeling and whether the treatment is improving your sleep and/or life
2. Therapy questions: to tell us how you're feeling about CPAP and adjusting to treatment
3. Trouble shooting questions: designed to identify specific issues you might be having on treatment

To help you experience the full potential of Care Check-In, we encourage you answer these questions to help guide any adjustments we may need to make to your treatment settings.

How do I get followed up?

We can remotely access the data from your machine. This allows us to review:

1. Your CPAP usage
2. The pressure settings and alter them accordingly if required
3. Trouble shoot errors
4. Mask leak profile
5. If the CPAP machine is treating you effectively
 - No personal information is stored on the device
 - This information will help us tackle any problems should they arise without you having to come into the department
 - You will also have a formal follow up's scheduled which is normally via telephone. Please ensure your contact details are up to date

Our contact details

Respiratory Department
New Cross Hospital
Wolverhampton Road
Wolverhampton
WV10 0QP
01902 695061

Monday to Friday 09:00 to 17:00

or email us - rwht-tr.cpapconsumablesrequest@nhs.net

Please ensure you ring to arrange an appointment time before attending.

Patient Information

Name:

Hospital number:

DOB:

AHI:.....

Mask Type:.....

Please view the CPAP video by following the link below or scanning the QR code.

<http://youtu.be/NizXFxce478>



English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。