

Non-invasive ventilation (also called BIPAP)

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

What is non-invasive ventilation?

Non-invasive ventilation (NIV) is a treatment to help with your breathing. NIV can improve sleep quality leading to better energy and concentration levels during the day. It can also make you feel less breathless than before. This may mean you may be able to perform more daily tasks. You may also feel brighter on waking and headache free if this was a problem previously. It can also reduce the likelihood of being re-admitted into hospital.

It involves wearing a mask connected to a machine via a hose which makes your breathing in and out easier and supports the muscles which make your lungs work. It is generally worn at night during sleep but can also be used during the day as well. The mask provided has been selected to fit your face and the machine has been specifically set for your breathing.

This is a long-term loan machine. If you move out of area or no longer need it, then it must be returned to us.

Cleaning

Machine should be kept clean using a damp cloth **weekly**. If your machine has a humidifier the heater plate and surrounding area also need to be kept clean to prevent bacteria growing there.

Hose needs to be rinsed through with warm soapy water **every week**. Hold both ends in one hand, covered by your palm; give a good shake, rinse through and then hang up to air dry.

Mask cushion needs to be removed from mask and rinsed out with warm soapy water daily and left to air dry.

The mask should not be over tightened and should sit on the face like a hovercraft cushion. When fitted correctly there should be minimal noise from it. The holes on the front of the mask allow the carbon dioxide in the air you breathe out to escape and should never be covered because this could cause suffocation. Over tightening will cause a mask leak and this should be avoided.

Filters in back of machine need to be checked for dust weekly and then changed every 3 months.

Water pots need to be washed out with warm soapy water on a daily basis, rinsed and left to air dry. Refill at night with clean water using either distilled water or cooled, boiled water and **do not allow them to run dry**.

Spare battery (not everyone has one of these) but if you have one it should always be charged in case of emergency. There is an on/off button on it and this should be set to off whilst not in use because this will discharge the battery.

No tape or wires should be added to these machines or their leads because this is a fire hazard.

Potential side effects and solutions

Claustrophobia – feeling as though there is too much air pressure or feeling claustrophobic are common feelings when initially starting CPAP therapy. These feelings almost always disappear over time with patience and perseverance. To begin with you may find it helpful to practice with the mask by sitting quietly in a chair either watching TV or listening to music just to get yourself used to it and take your mind off it. This will help you to relax and feel comfortable before you use it at night.

Dryness – this can occur in your mouth, nose or throat whilst using CPAP treatment. If this occurs you may need a humidifier added to your machine which can be done at your next appointment if required. However, the dryness may settle after a few days of being on treatment and may only be an initial reaction.

Cold air – if you find that the air is too cold, try increasing your humidity setting, otherwise you can try putting the hose under a fleece or blanket. Always ensure that the humidified CPAP machine is kept lower than the level at which you sleep.

DVLA

DVLA guidelines currently state that NIV therapy must be used every night for a minimum of 4 hours per night. If the DVLA ask your consultant for a compliance report and our data indicates that you are not meeting the criteria, then your driving licence may be withdrawn.

Follow-up

Your first follow-up appointment will normally be within 4-6 weeks of starting on treatment. You will then have at least an annual outpatient clinic follow-up. Please ensure that you bring your machine to every clinic follow-up including the electric lead, hose and mask. We need to check this equipment and access data from the machine.

Travel

If you need to travel overseas, please ask for a travel letter which we will be happy to provide for you. When travelling on an aircraft, your NIV machine should be checked in as hand luggage and not put into the hold of the aircraft.

Remote monitoring

Many of these NIV machines will now automatically transmit data directly to the hospital by using a modem within the machine and the 3/4G network. The data transmitted allows your sleep provider to review your compliance with therapy and the effectiveness of your treatment.

If you are happy to make consent for the data to be transmitted in this way, your sleep provider will provide you with a consent form and will discuss this with you in more detail at your next clinic appointment.

Contact details

If you have any further queries, please don't hesitate to contact the Respiratory Nurses on 01271 311600. However, because we are not an emergency service, please be aware that it may take us 3 working days to get back to you.

We work Monday – Friday, 8am – 4pm

Out of hours, please call Tarka Ward at North Devon District Hospital on 01271 322706.

We are:

Nurses – Sarah Evans, Sharon Newcombe, Matthias Nusser

Support Worker – Kieran Dedden

Administration – Jessica Cole, Lianne Ryan

References

Sleep Apnoea Trust Association Freephone 0800 025 3500
PO Box 60, Chinnor, Oxon, OX39 4XE

GOV.UK Excessive sleepiness and driving
Web: www.gov.uk/excessive-sleepiness-and-driving

DVLA Tel: 0300 790 6806 or
Web: www.gov.uk/contact-the-dvla/y/ (select 'driving and medical issues')

Tiredness can kill – Advice for drivers (INF159)
Web: www.gov.uk/government/publications/tiredness-can-kill-advice-for-drivers

MND Association Tel: 01604 250505
Email: enquiries@mndassociation.org
Web: www.mndassociation.org

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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