



**INFORMATION
PACKET**

**CPAP/BIPAP
THERAPY**

MATRIX MEDICAL CPAP/BIPAP ORIENTATION SHEET

CUSTOMER NAME: _____ DATE: _____

CPAP/BIPAP MAKE/MODEL # _____ SERIAL # _____

GENERAL

_____ On/Off Features Reviewed for Unit and Humidification
_____ Settings as prescribed by physician at _____ CM
_____ Ramp Feature Reviewed On/Off. Ramp set at _____ minutes
_____ Wash face thoroughly before each use to remove excess oils

SAFETY

_____ Check proper grounding of outlets and connectors
_____ Do not use an extension cord with unit, unless unavoidable.
_____ Do not plug the unit into an outlet with other major appliances plugged into
_____ Do not place unit near heat source or on carpet that could obstruct air flow

CLEANING

_____ Patient understands Filters and monthly and bi-yearly changing of filters
_____ Patient understands cleaning of mask and filters
_____ Patient understands machine is not be submerged in any water at any time
_____ Patient understands how to clean and replace humidification chamber

OPERATION – PATIENT UNDERSTANDS AND DEMONSTRATES:

_____ How to properly attach mask, headgear and tubing with unit turned off
_____ Chambers should be filled with distilled water (water changed daily)
_____ Removing humidification chamber from base (remove baffle)
_____ Patient understands machine is preset and should not be changed unless directed by physician
_____ How to check for leaks and adjust mask (without over adjusting)
_____ Point out exhalation ports and be sure they are not occluded
_____ If oxygen is prescribed always turn off O2 before turning on CPAP/BiPAP unit

REPLACEMENT PROCEDURE FOR ACCESSORIES:

_____ Mask once every three months
_____ Headgear and chinstrap once per six months
_____ Mask cushions/pillows/Interface once per month
_____ Disposable tubing once a month
_____ Disposable filters once per month
_____ Non-disposable filters once per six months

LITERATURE AND/OR ADDITIONAL INFORMATION GIVEN TO PATIENT:

_____ Operating/Manufacture instructions
_____ Matrix Medical Patient Handbook
_____ Treatment and Education Information
_____ Patient is instructed to call 911 with any medical emergency
_____ 24 Hour Phone Number
_____ CPAP/BiPAP Problem and Solution Sheet

**If equipment does not operate properly, please contact Matrix Medical at _____.

Matrix makes no claim or representation concerning the effectiveness of the treatment performed by equipment. This equipment is the property of Matrix Medical. Please advise Matrix center if you relocate CPAP/BiPAP to another address. The equipment is considered rental until insurance deems as purchase and ownership can/will be transferred to patient according to agreed contractual agreement(s).

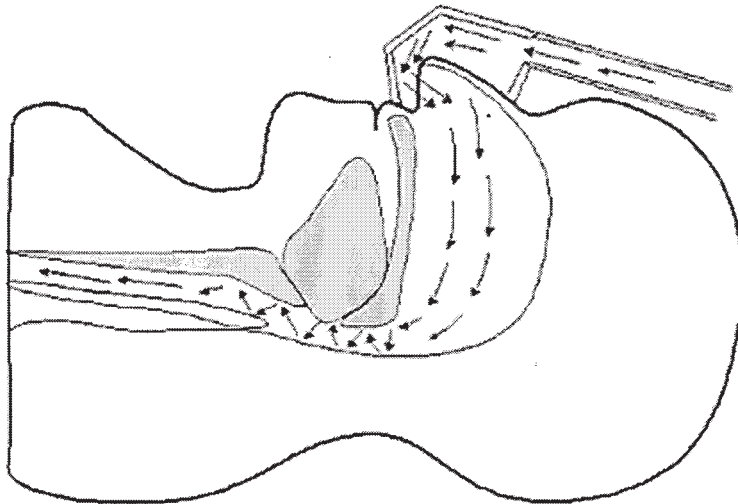
PATIENT/CAREGIVER _____ DATE _____

MATRIX REPRESENTATIVE _____ DATE _____

CPAP Treatment

CPAP (pronounced "see-pap") is short for "continuous positive airway pressure." Positive airway pressure therapy is the most effective noninvasive treatment for OSA. CPAP systems consist of a flow generator, air tubing, and a mask (usually a nasal mask). The flow generator pushes air through the tubing and nasal mask. The air passes through your nose and into your throat, where the slight pressure keeps your upper airway open. The low air pressure does not interfere with breathing – though some people need a few nights to get used to the sensation of positive airflow. Many clinicians describe this therapy as a pneumatic splint – literally an air splint to hold your throat open.

The following diagram illustrates a pneumatically splinted upper airway. The tongue and soft tissue have fallen to the back of the throat, but the pressure of the air pumped in by the flow generator holds the upper airway open.



Beginning CPAP Treatment

Positive airway pressure therapy is the safest and most effective therapy available for people with OSA. CPAP was the first of these therapies, and as evidenced by countless testimonials, it can mean the beginning of a vastly better life.

The most important steps with CPAP therapy are the initial steps. The proper treatment pressure, a comfortable system, and good education often mean the difference between success and failure for many CPAP users. Success means sleeping better and getting more enjoyment out of waking hours, and it can also mean lowering blood pressure and resolving the symptoms associated with OSA. Successful CPAP users report feeling improvements in

- * vitality and motivation
- * mood
- * alertness while driving
- * job performance
- * sexual drive and performance
- * improved quality of life.

Who needs CPAP?

CPAP is used to treat breathing disorders during sleep. People with central, mixed, and the more common obstructive sleep apnea may all benefit from CPAP therapy.

How does CPAP work?

During sleep, muscles in the airway relax allowing collapse and any excessive tissue in the throat, such as tonsils, adenoids, tongue, or the uvula to block the airway. This system gently delivers machine-generated air into the airway through a nasal mask. This air is positive pressure and acts as a splint to keep the airway open, thus eliminating obstructions. This provides immediate relief to OSA sufferers by providing uninterrupted breathing and sleep. Another mode of treatment is called Bi-level therapy. This also involves positive pressure but at a different settings on inspiration and expiration. There is a higher pressure on inspiration, which prevents obstructions and facilitates airflow into the lungs. On expiration there is a lower pressure that allows passive, easy expiration while maintaining a patent airway.

What are the side effects or complications of CPAP?

- 🕒🕒 Nasal and throat dryness: Adding a humidifier to the system can prevent dryness.
- 🕒🕒 Nasal congestion: A heated humidifier can relieve most congestion.
- 🕒🕒 Skin irritation from the mask: There are many different types of masks made from different material to help prevent skin hypersensitivity. Changing to a different mask could solve the problem.
- 🕒🕒 Pressure sores from the mask: This usually indicates that the mask is adjusted too tightly. The mask should only be snug enough to prevent leaks but loose enough to allow comfort. Different types and styles of masks should be explored to meet this goal.
- 🕒🕒 Eye irritation: This may also result from an improper mask adjustment. Proper mask size, type, and fitting may relieve this problem.
- 🕒🕒 Claustrophobia: CPAP education and a proper mask fitting can help to relieve anxiety and fear. Some CPAP units come with a “ramp” feature that allows the pressure to start low and gradually over time increase to the pressure needed to eliminate apneas. By the time the pressure has increased to the prescribed level, the person is asleep and unaware of the pressure change. This option must be discussed with a Physician.
- 🕒🕒 Intolerance: People that are unable to adjust and acclimate to CPAP therapy may benefit from bi-level therapy, which more closely mimics respiration. This option must be discussed with a Physician.

What are the benefits of CPAP and how long is treatment needed?

The benefits of CPAP therapy are immediate but many times require a life long commitment. CPAP is a treatment for apnea but not a cure. Apnea sufferers may

try different treatment options, such as oral devices, medications, surgery, or weight loss but will probably not be cured by these options either. These other treatments may improve the severity of the breathing disorder but CPAP has shown to be most effective. CPAP compliance, as with any other treatment, is the key to success for treatment of sleep apnea. It is imperative that people on CPAP use it every time they sleep. Because CPAP immediately eliminates apneas and obstructions, there is an improvement in sleep quality and oxygen levels in the blood. Once this happens, the symptoms associated with sleep apnea may subside. A person may feel rejuvenated, with an increased energy level, may not feel as fatigued throughout the day, and experience improved job/task performance.

Treating sleep apnea may also decrease the risk for hypertension, heart attack, and stroke. CPAP may also benefit sleep partners, since they won't be bothered by snoring anymore!

	Problem	Possible Solution
Mask-Related	<p>Soreness Around Nose and/or Mask Leak</p> <p>Mouth Leak</p> <p>Claustrophobia</p>	<ul style="list-style-type: none"> • Refit Mask • Adjust Straps • Different Mask Type • Chin Strap • Humidifier • Full Face Mask • "Nasal Pillow" Device • Slow Acclimation
Pressure-Related	<p>Difficulty Exhaling</p> <p>Nasal Congestion/ Runny Nose</p> <p>Nasal Dryness</p>	<ul style="list-style-type: none"> • Lower Pressure • Ramp Settings • Bilevel PAP • Nasal Decongestant • Nasal Saline Wash • Humidifier • Nasal Saline Wash • Humidifier • Room Humidifier
Other	<p>Continuing Symptoms (eg, sleepy, headaches, etc.)</p> <p>Air Temperature</p> <p>CPAP Machine Too Loud</p> <p>Can't Sleep</p>	<ul style="list-style-type: none"> • Adjust Settings • Different Therapy • Increase Room Temperature • Heated Humidifier • Tubing Under Blanket • Quieter (Newer) Device • Move Further from Bed • Ramp Feature • Time to Acclimate