

How to use a S10 or S11 CPAP machine (parents/carers)

Children's Respiratory Physiology

Information for parents/carers

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Introduction

We have given your child a continuous positive airway pressure (CPAP) machine. This machine gives air through tubing into a mask. This helps to keep your child's airway open whilst they sleep. We will have shown you how to use and care for their machine. This leaflet will help you remember that information. Unless told otherwise, your child will use this machine when they are asleep.



What should my child expect when using CPAP?

It is normal if your child finds it a bit hard to breathe out. This happens because air is coming in while they try to breathe out. Their body can do this easily when they are asleep. But it might take some time to get used to how it feels.

If your child wakes in the night and feels 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.

Your child should not worry if they are not able to use the CPAP machine all night when they first start. Even just 4 hours of using the CPAP a night is likely to improve the quality of their sleep. When they wake up in the morning, they may feel more refreshed than normal. Some people take a few nights sleep to feel the benefits of the CPAP treatment.



Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Setting up the CPAP

The CPAP system includes:

- A pump to produce the pressurised air.
- A flexible length of tubing to carry the air to your child.
- A close fitting mask worn over the mouth and/or nose.
- Head straps to hold the mask in place.

The CPAP machine needs to be placed on a stable, level surface that is below the head height of your child when they are in bed.



The power cord should be plugged into a socket and connected into the back of the CPAP machine.

Starting CPAP therapy

1. Place on your child's mask as shown before.
2. Connect one end of the tubing to the back of the CPAP machine. Connect the other end of the tube to the mask.
3. Press the start/stop button on the top of the CPAP to begin treatment.
4. To stop the CPAP therapy, press the start/stop button.
5. The display on the front of the CPAP machine will tell you how many hours the CPAP was worn for and how well the mask was fitted.

Humidifier chamber

Not everyone needs a humidifier. We may give you one if your child has found using the CPAP machine gives them a dry mouth or throat.

You should fit the humidifier chamber when the CPAP machine is turned off. You should not move the machine with the chamber connected.

To set up the humidifier:

1. Remove the right side panel of the CPAP machine.
2. Open the water chamber and fill it with distilled water or cooled boiled water. The water must not go over the maximum water level mark.
3. Close the water chamber and insert to the right side of the CPAP machine.
4. To choose the humidity level, select 'options' and then 'humidity level' . If your child still feels dry, you can select a higher number. If there is a lot of moisture in the mask or tube, you can select a lower number.

Cleaning

Daily:

Disconnect your child's mask from the tubing each morning. Wipe the inside of the mask with a wet wipe/baby wipe. Leave mask to dry off before using again. Do not use bleach or alcohol based products to clean. These can damage the masks.

Weekly:

Disconnect the tubing from the machine and mask. Put the mask into a bowl of warm water with washing up liquid. Leave this for about 10 minutes. Rinse the tubing well with cold water making sure all the suds have been washed away. Leave the equipment to drip dry. Do not dry equipment on a radiator or heater.

Wipe the CPAP machine down with a damp cloth/baby wipe to keep it dust/dirt free.

Checking the mask fit

Doing a mask fit can help you find out if there is a lot of air leaking from the mask. To check the mask fit, you will need to:

1. Press 'my options' (S10) or '+' (S11) on the home screen.
2. Then press 'mask fit'.
3. Put the mask on your child as we have shown you.
4. Press 'start' on the screen.
5. Adjust the mask and straps until you get a green tick or face on the display. Please only tighten the mask enough to have a minimal leak. Over tightening of the mask can lead to your child's face becoming very sore.

Common problems

Runny nose, dry nose, mouth or throat: All of these issues are quite common. These symptoms do settle in a few days. If the symptoms continue please contact the Respiratory Physiology Team on the number at the back of this leaflet.

Blocked nose: If your child is using a nasal mask, they may not feel the benefit of using CPAP. They may need to breath through their mouth until nose has cleared. This is why we often try to offer masks covering nose and mouth.

Broken mask: If your child's mask has broken, please contact the Respiratory Physiology service on the number at the back of this leaflet.

Machine does not seem to be working correctly: If you think your equipment is malfunctioning please contact the respiratory team.



Mask rubbing on skin: Sometimes the mask can rub on your child's skin making it sore. To help this you can try some moisturiser on your child's skin to see if this will help the skin at all.

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

Bring your child's CPAP with you to any appointments about their CPAP treatment. For example if they have a follow up appointment in the Sleep clinic to see the Doctors, Nurse or Physiologists.

If your child has to visit hospital for an overnight stay for any reason, you will need to bring their CPAP equipment with you. This is very important as we do not have spare machines to loan to the wards. You must let the Doctors and Anaesthetists know that your child is on CPAP treatment. This is important if your child is going to have a general anaesthetic as they may need CPAP after their operation.

What if I am going on holiday?

Your child can take their CAP machine on holiday with them. If they are flying, the CPAP needs to be carried as hand luggage. This is to stop it from getting lost or damaged. It must not be transported in the hold. If needed we can give information to explain this to the airline.

If your child uses supplementary oxygen you will need to talk to the doctor or physiologist before you book their flight.

Contact details

Childrens Respiratory Physiology, Childrens Development Centre, Ground Floor, Windsor Building, Leicester Royal Infirmary, Monday to Friday, 8am to 4:30pm on **0116 258 5691**.

Please arrange an appointment before attending.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

