

Other Useful Numbers:

Our Lady's Children's Hospital, Switch.

01 4096100

Outpatient Department, OLCHC.

01 4282535 / 4282528

Admissions Department, OLCHC.

01 4286128 / 4286129

Respiratory Department, OLCHC.

01 4282530 / 4282626

Our Lady's Children's Hospital, Crumlin,  
Dublin 12

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Date issued: March 2015

Review date: March 2018

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Our Lady's Children's  
Hospital, Crumlin, Dublin  
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....where children's health  
comes first

## Information for patients/ parents and carers On the use of Continuous Positive Airways Pressure (CPAP) for Obstructive Sleep Apnoea (OSA)



Ward / Department: \_\_\_\_\_

Ward phone (01) 409 \_\_\_\_\_

Tel: (01) 4096100 (*main switch*)

## What is CPAP?

CPAP means 'Continuous Positive Airway Pressure'. CPAP has been prescribed by your doctor to help you/your child have a more effective sleep. CPAP is generally prescribed to assist you child's sleep when a diagnosis of Obstructive Sleep Apnoea (OSA) is made.

OSA is only a problem when your child sleeps, for this reason your child will be required to use CPAP every time they sleep. If your child naps for longer than 1 hour during the day, it is encouraged to use CPAP for these naps also.

CPAP is a machine that has a small, quiet pump which blows air continuously through tubing attached to a well fitted nasal or face mask. This mask is placed over the nose and the air acts like a splint preventing the collapse of the upper airway (throat) during sleep. **Please ensure you turn on the CPAP machine after you apply the face mask.**<sup>1</sup> It aids in normal breathing at night, which is important as it helps deliver oxygen and get rid of carbon dioxide. When used correctly every night, your child's sleep quality and daytime symptoms should improve.

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<sup>1</sup> NHS/Patient Safety Alert W/2015/003, (2015) *Risk of severe harm and death from unintentional interruption of non-invasive ventilation*. NHS, UK

## How long will your child need to use CPAP?

Your consultant will tell you how long you/your child is likely to need CPAP.

CPAP is a long term treatment. Your child will attend Respiratory Clinics in outpatients and will have follow up studies to make sure the CPAP device is set at the correct pressure for your child and if there are problems-

When you come for a CPAP review study or an outpatient appointment with your respiratory consultant, **please bring all your child's equipment, including mask, machine, tubing, leads and so on**, so that we can check them. We will be able to decide whether any equipment needs changing.

## Where do I get a CPAP machine and supplies?

Once it has been decided that your child needs CPAP it will be arranged for your child to be fitted with a mask. This can be at an outpatient clinic, as an inpatient or at home. Your child may need to get used to wearing the mask at home before CPAP treatment can start, this can take a few weeks. You will be required to rent or purchase a CPAP machine from a service provider. Some families may qualify for funding

under the Drugs Payment Scheme or if your child has a medical card.

Arrangements will be made between the Respiratory Team and the CPAP service provider to provide your child with a suitable CPAP machine. The Sleep Laboratory will organise for the Home Health Care Company to contact you to arrange a home visit and educate you on the CPAP device. Once treatment is established, the service provider will be responsible for replacing broken equipment and consumables.

From time to time the Sleep Laboratory will ask the Home Health Care Company to alter the CPAP pressures and download data from the device.

If you have any queries or if the CPAP machine or supplies break or malfunction please call **Your Home Health Care Company** First.