

HOW WILL I KNOW IF MY CHILD'S NPA IS BLOCKED OR HAS BECOME DISLODGED?

You will soon become familiar with your child's breathing pattern and you will be able to see and hear any changes quickly. Things to look out for include

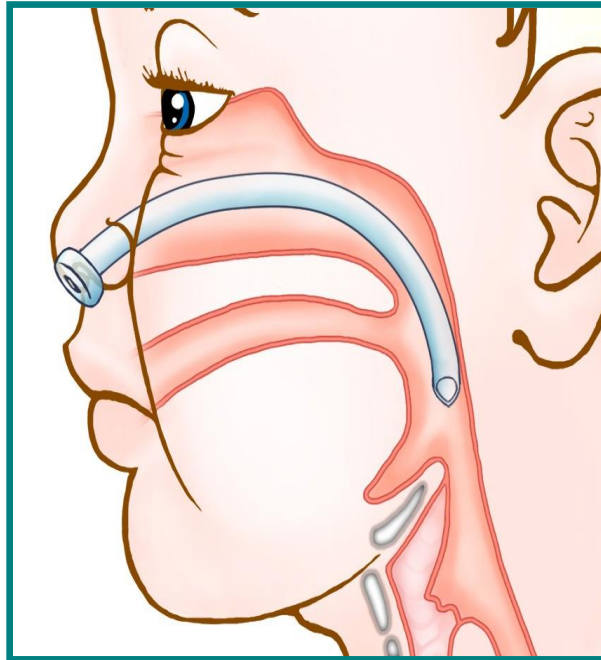
- Noisy breathing – you may hear a “snorting”, “grunting” or a snoring sound
- Change in colour – your child may look pale or dusky
- Greater effort in breathing
- Faster breathing
- Agitation, restlessness or your child being unable to settle to sleep

WHAT HAPPENS IF MY CHILD'S NPA SHOULD BLOCK OR FALL OUT WHEN I'M AT HOME?

In the unlikely event that this happens most children can manage for a short period of time without the NPA while you insert a new tube.

What follow up will there be after we go home?

Before your child is discharged home the plan of care will be outlined to you. Contact numbers will be given to you should you have any queries or concerns when you are at home. You're Public Health Nurse and GP will be notified of your baby's needs and will be available to offer support and assistance.



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Children's Health Ireland
at Crumlin

INFORMATION FOR PARENTS / CARERS CARE OF YOUR CHILD WITH A NASOPHARYNGEAL AIRWAY



Ward / Department: _____

Ward Phone: (01) 409 _____

Telephone: (01) 409 6100 (main switch)

AIM OF THIS LEAFLET

This leaflet is for parents and carers of children who need a Nasopharyngeal Airway (NPA)

What is an NPA?

A Nasopharyngeal Airway is a short breathing tube designed to be inserted into the nasal passageway to open the airway. Its aim is to make breathing easier. The tube bypasses upper airway obstruction or blockage at the level of the nose, back of the nose, or base of the tongue.

WHY DOES MY CHILD NEED AN NPA?

Some reasons for needing an NPA include the following;

- Upper airway obstruction
- Pierre Robin Sequence
- Obstructive sleep apnoea
- Craniofacial anomalies and surgery
- Post op cleft palate repair

WHAT DOES AN NPA LOOK LIKE?

The NPA is a clear coloured soft flexible tube that is made from silicone. It comes in various sizes, a suitably sized tube will be chosen for your child (Fig1).

WILL THE NPA HURT MY CHILD?

The majority of children have no pain when the NPA is in place. Some children experience discomfort when the NPA is being inserted and may require pain relieving medicine beforehand.



HOW LONG WILL MY CHILD NEED AN NPA FOR?

The time that NPA is needed varies. This will depend on how your child progresses. The medical team caring for your child will keep you updated.

WHAT DOES CARING FOR MY CHILD'S NPA INVOLVE?

You will be supported by nursing staff in learning how to:-

- Recognise your child's normal breathing pattern
- Keep the NPA clear of mucus
- Attend to skin care and to secure the NPA
- Change the NPA
- Manage if the NPA blocks or accidentally falls out
- You will attend basic life support training

Learning to care for your child with an NPA can be a daunting experience initially. Most parents feel like this but with practice and support you will soon become familiar and will gain confidence in looking after your child. Everyone learns at his/her own pace so there is no time limit to the amount of time it takes for you to learn the skills necessary to care for your child. When a child has a NPA in place there are some things about day to day activities that may be slightly different, but in general the child should be treated as normal as possible.

CAN MY CHILD FEED WITH AN NPA IN PLACE?

The majority of children who have an NPA can feed normally. Some children who have complex medical needs and who have an NPA may require the assistance of a Speech and Language Therapist to help establish oral feeding. For a small number of children oral feeding may prove difficult and supplementary feeding may be necessary. It is not unusual for a small amount of milk to come through the NPA occasionally during feeds. This is due to the close proximity of the oesophagus or food pipe to the NPA. This is not a cause for concern.