

PAP COMPLIANCE

CPAP EQUIPMENT OVERVIEW

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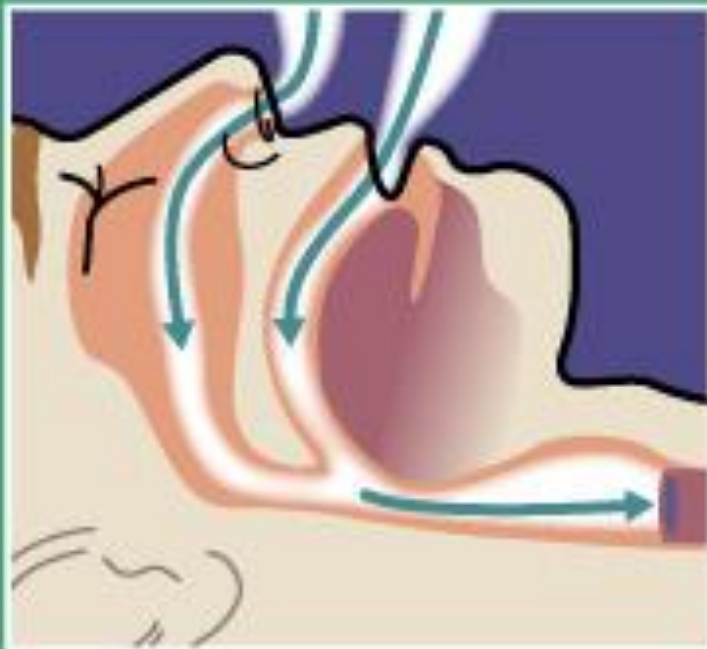
Objectives:

- To become familiar with PAP machines
- To become familiar with Respironics Dreamstation and ResMed Airsense 10 machines
- To know the parts and functions of PAP machines
- To get an overview of the different mask types
- To know basic eligibility requirements for PAP supplies
- To become familiar with commonly encountered PAP issues and resolutions
- To learn basic troubleshooting for PAP concerns

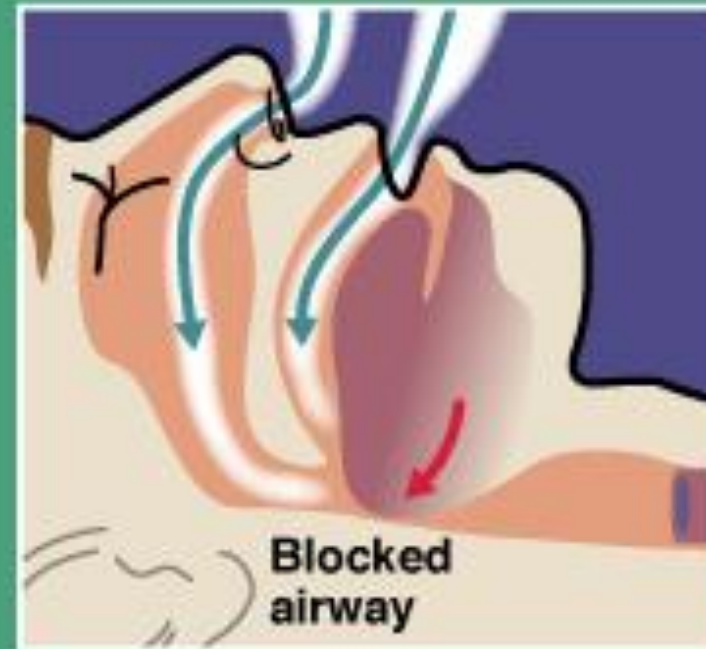
What is CPAP?

CPAP

- **Continuous Positive Airway Pressure** therapy (CPAP) is used for patients who suffer from Obstructive Sleep Apnea. PAP machines blow pressurized air to prevent the airways from collapsing.
- **APNEA** is the cessation of airflow for at least 10 seconds



Normal sleep: Airway is clear and open allowing air to flow freely to and from the lungs.



Obstructive Sleep Apnea: Soft tissue at the back of the throat collapses and blocks the flow of air.

Brands of PAP Machines OHH Provides

Respironics Dreamstation

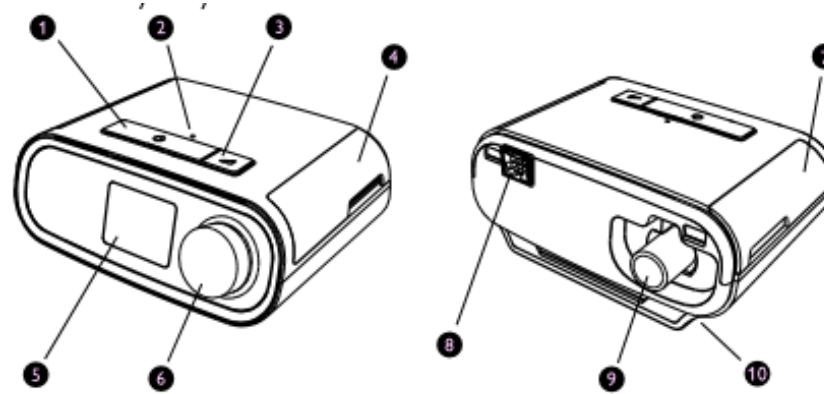


ResMed





Parts and Functions of CPAP Machines

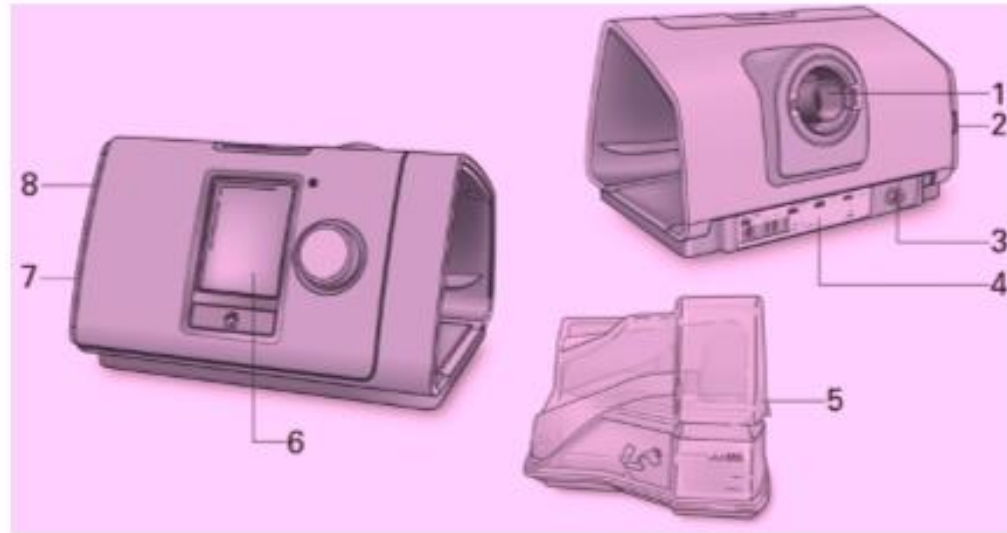
Parts of Dreamstation CPAP



This figure illustrates some of the device features, described in the following table.

#	Device Feature	Description
1	Therapy On/Off Button 	Starts and stops the airflow for therapy.
2	Ambient Light Sensor	Detects room light levels and adjusts brightness of LCD Display Screen.
3	Ramp Button 	Activates the ramp feature during therapy.
4	Door, SD card & Filter Access	This door lifts open for access to the SD card and filter area.
5	LCD Display Screen	This is the User Interface for the therapy device.
6	Control Dial	Turn the dial to scroll between options on the screen. Press the dial to choose an option.
7	Door, Accessory Access	This door lifts open for access to the (optional) accessories.
8	Humidifier Connector	Humidifier connects to the back of the therapy device. The humidifier pin connector will attach here.
9	Air Outlet Port	Connect the tubing here.
10	Power Inlet	Connect the power cord here.

Parts of ResMed CPAP



- 1 Air outlet
- 2 Air filter cover
- 3 Power inlet
- 4 Serial number and device number

- 5 Water tub
- 6 Screen
- 7 Adapter cover
- 8 SD card cover

About the control panel



Start/Stop button



Dial



Home button

Press to start/stop therapy.
Press and hold for three seconds to enter power save mode.

Turn to navigate the menu and press to select an option.
Turn to adjust a selected option and press to save your change.

Press to return to the Home screen.

CPAP Parts and Function

Modem

- Transmits usage data through the cellular network to the appropriate monitoring tool

SD Card

- Stores usage data; serves as an alternative means of procuring usage data if there is no modem or if there are modem issues. Data can be downloaded manually.

Filters

- Filters impurities from the air like dust and pollen (Dreamstation: 2 filters; 1 disposable and 1 non disposable) (ResMed: 1 filter)

Tubing

- Used to connect the CPAP machine to the mask or to the mask hose.

Humidifier

- Humidifies the air and makes therapy more comfortable

CPAP Parts and Function

Water Chamber

- Stores water used for humidification

Display Window/Screen

- Allows the patient to view usage and machine information and settings

Dial/Knob

- Allows patient/provider to move from one display to the next and to make selections and changes to settings

Power Button

- Used to start or stop therapy

Ramp Button

- Used to initiate ramp

Different types of Masks

- NASAL MASK
- NASAL PILLOW MASK
- FULL FACE MASK

Nasal Mask

What is a nasal mask?

- A nasal CPAP mask is triangular in shape and sits on the face around the nose. It's held in place by head gear (stretchy straps that go around the nose). There are different sizes for different sizes and shapes of noses.

Who is a nasal mask best for?

- Nose-breathers. Mouth breathers can use this mask with a chin strap (a stretchy strap that goes over your head and under your chin to keep your mouth closed at night).

Who shouldn't use a nasal mask?

- Mouth breathers. However, you can use this mask with a chin strap (a stretchy strap that goes over your head and under your chin to keep your mouth closed at night).
- You have a lot of facial hair that prevents the mask from sealing with your skin.



Nasal Pillows Mask

What is a nasal pillow mask?

- Nasal pillows are cushions that seal at the base of the nostril and are held in place with a stretchy strap that goes around the back of your head. This is the least invasive mask available.

Who is a nasal pillow mask best for?

- Nose-breathers.
- Someone who is claustrophobic because there's little contact with your face and no obstruction of your view.
- Someone who likes to read or watch TV in bed before falling asleep.
- Someone with lots of facial hair that which prevents a good seal.
- Active sleepers (may stay in place better while you're tossing and turning)

Who shouldn't use a nasal pillow mask?

- If your CPAP pressure is very high, you may be really uncomfortable since a lot of air will be blowing through two relatively small holes.
- Someone who suffers from nasal congestion or allergies that make it hard to breathe through your nose.
- Mouth breathers (you can always try a chin strap).



Full-Face Mask

What is a full-face mask?

- A full face mask sits on the face and covers the entire mouth and nose. This is the mask most people envision when they first think of CPAP masks. While current designs are much smaller than the first masks, this type covers the largest area of the face of all mask types.

Who is a full-face mask best for?

- Mouth breathers.
- Someone who suffers from nasal congestion. In fact, some CPAP users will use a full-face mask only when they have a cold or seasonal allergies and use a nasal mask the rest of the year.
- Someone with high pressure settings. This type of mask makes high pressures more tolerable.



Most Common Issues and Resolutions

- Mask Leaks
- Pressure Change
- Humidification
- Mask fit

Mask Leaks

CPAP Mask Seal Leak. The seal **leak** is the most often **leak** problem found in **CPAP** therapy. It appears when the air from the breathing machine is **leaking** between the **mask** and your face.

	Potential Causes	Possible Solutions	Additional Possible Solutions
LEAKS	<ul style="list-style-type: none">• Improper mask fitting• Using worn mask cushion• High pressure• Beard or mustache• Mask not properly attached to tubing• Tubing not properly attached to air outlet port	<ul style="list-style-type: none">• Proper mask fitting• Replace worn mask cushion• Change mask type• Trim beard or mustache• Detach and reattach mask/tubing• Make sure everything is properly sealed and properly connected• Reseat the mask	<ul style="list-style-type: none">• Adjust mask straps• Do a Run Mask Fit

Humidification

CPAP humidification works by adding a water chamber between your machine and your mask, adding moisture to the air you breathe.

	Details	Dreamstation CPAP	How to
	<ul style="list-style-type: none">Humidity levels can be adjusted to patient preferenceHumidification type varies based on desired setting	<ul style="list-style-type: none">Humidity setting can be adjusted from 0-5	<ol style="list-style-type: none">While the machine is blowing, turn the dial.PT will see 3 wavy lines on the LRH corner.Turn the control dial, highlight the 3 wavy lines and push the dial in.Turn the dial to the desired humidity level and push the dial in to save desired setting.

Continuation...

	Details	ResMed CPAP	How to
HUMIDIFICATION	<ul style="list-style-type: none">• Humidity levels can be adjusted to patient preference• Humidification type varies based on desired setting	<ul style="list-style-type: none">• Humidity setting can be adjusted from 0 -8	<ol style="list-style-type: none">1. Highlight My Options on the screen.2. Turn the dial and select Humidity Level. Push the dial in.3. Select the desired level and push the dial in again.4. If you do not see Humidity Level, switch from Auto to Manual.5. Highlight Auto and push the dial in.6. Turn the dial and select manual.7. Follow the steps above to select desired humidification.

Continuation...

	Possible causes	Solution
MASK FIT	<ul style="list-style-type: none">• Mask doesn't fit properly• Mask size may be too small or too big	<ul style="list-style-type: none">• Reseat mask.• Adjust mask straps (may need to loosen or tighten straps)• If problem still persists, patients need to call their doctor to request a mask refit.

NOTE: Patients are eligible for a mask swap within the first 30 days but only after 2 weeks from date of setup.

Continuation...

PRESSURE CHANGE	Possible causes	Solution
	<ul style="list-style-type: none">• Pressure is too high or too low	<ul style="list-style-type: none">• Pressure may be changed only if we receive an Rx.

NOTE: We can **NEVER** change the pressure setting without a **doctor's prescription**.

ELIGIBILITY

PAP Accessories Eligibility		
A4604	Tubing w/ heating element	1 per 3 months
A7027	Combo. Oral/nasal mask	1 per 3 months
A7028	Repl. Oral cushion combo mask	2 per 1 month
A7029	Repl. Nasal pillow combo mask	2 per 1 month
A7030	Full face mask	1 per 3 months
A7031	Repl. Facemask Interface	1 per 1 month
A7032	Repl. Nasal cushion	2 per 1 month
A7033	Repl. Nasal pillows	2 per 1 month
A7034	Nasal application device	1 per 3 months
A7035	Headgear	1 per 6 months
A7036	Chinstrap	1 per 6 months
A7037	Tubing	1 per 3 months
A7038	Disp. Filter	2 per 1 month
A7039	Non-Disp. Filter	1 per 6 months
A7046	Repl. Water chamber	1 per 6 months

NOTE: The Compliance Department advises patients that they will be eligible for supplies only if they are COMPLIANT and only if the order is within the prescribed schedule. All other supply questions are transferred to the Supply Department.

IMPORTANT

- If you need assistance regarding Compliance or troubleshooting, you can reach out or transfer call to Compliance Department at extension 378.
- All other calls not related to Compliance should be transferred to the appropriate department.

Ex: Billing inquiries, Customer Service and etc.