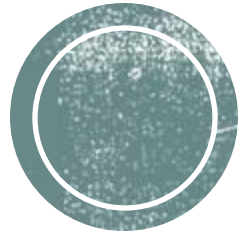


# Managing CPAP Patients

Jarrold Rowe, RPSGT  
Atlanta VA Sleep Center





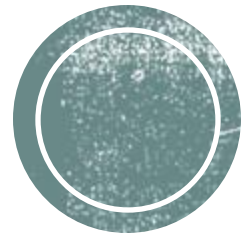
# **No Financial Disclosures**



# **Areas of Concern**

- Equipment and Supplies
- Maintenance of Equipment
- Compliance





# **Equipment and Supplies**



# Equipment

- CPAP device
  - Age
  - Connectivity
  - Recall aftermath
  - CPAP shortage update



# Age

- 5-7 year life expectancy
- Replacement not automatic
  - Broken devices
  - Proven compliance of  $\geq 70\%$  of nights  $\geq 4+$  hours per night usually required
- Error messages
  - “Motor has exceeded expected life”



# Connectivity

- Resmed
  - My Air
  - Integrated cell modem
  - 3g issues
    - 2017 and before
    - Not as prevalent as before since devices are aging out
  - New “Card 2 Cloud” devices
    - 2021-2022
    - Phased out
    - Modem devices are now available
    - Many devices are being replaced due to age
- Philips
  - Dream Mapper
  - Bluetooth



# Recall Aftermath

- Philips PAP devices
  - Recall occurred 2021
  - Recalled for disintegrating foam on inside of devices
  - Most patients have been moved to a different brand device
  - Philips halted on selling devices in US markets.
- May see patients on PAP device brands you are unfamiliar with



# National PAP Shortage Update

- Not really affecting many patients now
- Some manufacturers have instituted purchasing caps on large accounts to prevent further widespread shortages
- As a result of recall, many patients may be on unfamiliar platforms



# Supplies

- Mask
  - Replace every 3 months
- Tubing
  - Replace every 3 months
- Humidifier chamber
  - Replace every 6 months
- Filters
  - Disposable filters replace monthly
  - Non-disposable filters replace every 6 months (washable)

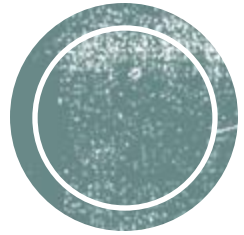


# Resmed Filters



# Philips Filters





# **Maintenance of Equipment**



# Cleaning of Supplies

- Do

- Wash mask, tubing, humidifier chamber weekly
- Use mild soap and warm water
- Wash reusable filter monthly or as needed
- Air dry washed equipment
- Use a 25% solution of white vinegar and water to soak tubing and humidifier chamber as desired for deeper cleaning

- Don't

- Use bleach or rubbing alcohol on supplies
- Use boiling water
- Dry with paper towels or non-knit cloth
- Use hot cycle or “sterilize” cycle on dishwasher



# Cleaning of PAP device

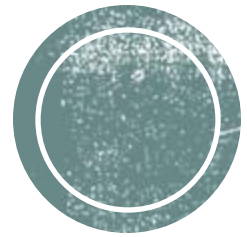
- Wipe with damp cloth only
- Do not use “CPAP cleaning” devices



# The SoClean Scourge

- CPAP cleaning devices
  - Use “activated oxygen” or ozone to “clean” inside CPAP devices
  - Not FDA regulated
  - Ozone levels vary wildly
  - Can damage PAP devices
  - Will void warranties





# Compliance



# Compliance Definition

- Use of PAP device for  $\geq 4$  hours per night for  $\geq 70\%$  of a given time
  - Usually 30 or 90 days



# Barriers to compliance

- Comfort
- Mask fit
- Dryness



# Comfort

- Mask not comfortable
  - May need new style or brand of mask
  - All masks are different
  - Different hose configurations
- Forced into uncomfortable sleeping position
  - Nasal pillows vs nasal mask vs full face mask
  - Tubing length



# Mask fit

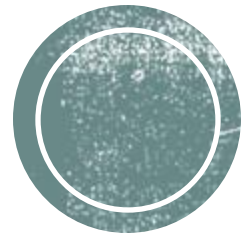
- Mask not keeping seal
- Cleanliness is important
- Check tension of straps
- Adjust straps evenly
- Check age of mask



# Dryness

- Nasal and sinus dryness
  - Due to low levels of humidity
    - Increase humidifier settings
    - May need heated tubing to increase upper limit of moisture levels provided
- Oral dryness
  - Due to mouth opening or mouth venting (nasal or nasal pillows)
    - Chinstraps help
    - If using nasal or nasal pillows mask, consider moving to full face





# Questions?

Jarrold Rowe, RPSGT

Jarrold.Rowe1@VA.Gov