

## **Assisted Breathing Education Plan**

### **Getting ready to learn about ventilation**

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff.

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand it's OK to ask us to explain.

### **What I need to learn about CPAP, BiPAP or ventilator/breathing machine**

By the time I leave the hospital I will be able to show or tell staff:

1. I will be able to tell the staff what Continuous Positive Airway Pressure (CPAP) is.
2. I will be able to tell staff why I need CPAP.
3. I will be able to tell staff what I need to do when wearing CPAP.
4. I will be able to tell the staff what Bi-level Positive Airway Pressure (BiPAP) is
5. I will be able to tell staff why I need BiPAP.
6. I will be able to tell staff what I need to do when wearing BiPAP.
7. I will be able to tell the staff what a ventilator/breathing machine is.
8. I will be able to tell staff why I need a ventilator/breathing machine
9. I will be able to tell staff what I need to do when using a ventilator/breathing machine.

### **The staff will use three questions to teach me about nebulizers:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my breathing.

**What is my main problem?**

I am having trouble breathing. I may feel short of breath. I am breathing too fast or shallow. My lungs may not be able to get oxygen into them. Continuous positive airway pressure (CPAP) is a treatment to help me. I need to understand why I need to use CPAP.

**What do I need to do?**

Be able to tell the staff what CPAP is.

- CPAP is air pressure given by a machine to help open my lungs more. I will need to wear a snug fitting mask over my nose and mouth.

Be able to tell staff why I need CPAP.

- CPAP will help get oxygen into my lungs. It will help me to feel less short of breath.
- It will also help keep fluid out of my lungs.

Be able to tell staff what I need to do when wearing CPAP.

- I need to make sure I wear the CPAP mask. I need to call for help to remove the mask. I may need oxygen after the mask is removed.
- I will not remove the mask myself.
- My nose may feel itchy and my mouth may feel dry when wearing CPAP. I can use nasal saline and take sips of water with the help of my nurse.
- I will tell the nurse or respiratory therapist if I am having a hard time breathing or if I feel sick to my stomach.
- If I have a hard time talking, I may need to communicate in another way.

**Why is this important to me?**

It is important that I know my breathing keeps me alive. I need to get oxygen into my lungs to help me breathe better. CPAP helps me breathe safely when my body cannot do it well enough.

## **BiPAP**

### **What is my main problem?**

I am having trouble breathing. I may feel short of breath. I am breathing too fast or shallow. My lungs may not be able to get oxygen into them and carbon dioxide out from them. Bi-level positive airway pressure (BiPAP) is a treatment to help me. I need to understand why I need to use BiPAP.

### **What do I need to do?**

Be able to tell the staff what is BiPAP.

- BiPAP is air pressure given by a machine to help keep my lungs open and to help me take a deeper breath. There are two levels of air pressure. When I breathe in, the machine helps me to take a deeper breath. When I breathe out, the machine helps to keep my lungs open. I will need to wear a snug fitting mask.

Be able to tell staff why I need BiPAP

- BiPAP will help get oxygen into my lungs and carbon dioxide out of my lungs. It will help me to feel less short of breath.

Be able to tell staff what I need to do when wearing BiPAP

- I need to make sure I wear the BiPAP mask. I need to call for help to remove the mask. I may need oxygen after the mask is removed.
- I will not remove the mask myself.
- My nose may feel itchy and my mouth may feel dry when wearing BiPAP. I can use nasal saline and take sips of water with the help of my nurse.
- I will tell the nurse or respiratory therapist if I am having a hard time breathing or if I feel sick to my stomach.
- If I have a hard time talking, I may need to communicate in another way.

### **Why is this important to me?**

It is important that I know my breathing keeps me alive. I need to get oxygen into my lungs and carbon dioxide out of my lungs to help me breathe better. BiPAP helps me breathe safely when my body cannot do it well enough.

## **Ventilator or Breathing Machine**

### **What is my main problem?**

I am having trouble breathing. I may feel short of breath. I am breathing too fast or shallow. My lungs may not be able to get oxygen into them and carbon dioxide out from them. I need a breathing machine, also called a ventilator.

### **What do I need to do?**

Be able to tell the staff what ventilator is

- A ventilator is a way to help me breathe better when I am not able to breathe on my own. It is given to me using a tube inserted in my mouth or my neck that leads to my lungs.
- I need this breathing machine because my lungs are tired and need to rest.
- A ventilator is a way to keep my lungs open so I can get oxygen into my lungs and carbon dioxide out of them.

Be able to tell staff why I need a ventilator.

- To keep my airway safe.
- My oxygen levels in my blood are too low and need to be higher.
- My carbon dioxide levels in my blood are too high and need to be lower.
- I have secretions that need to be removed. Staff will use suction catheter to remove them.
- To rest until I am healthy enough to breathe on my own. My respiratory therapist will check on my breathing strength often and take the tube out when I am strong enough.

Be able to tell staff what I need to do when using ventilator.

- I will follow nurse and respiratory therapist breathing instructions
- I will cough secretion or mucus out of my lungs.
- I may need to exercise while I am on the ventilator.

### **Why is this important to me?**

It is important that I know my breathing keeps me alive. I need to get oxygen into my lungs and carbon dioxide out of my lungs to help me breathe better. The ventilator helps me breathe safely when my body cannot do it well enough.

## Ventilation Education Plan

### References:

- Ganeson R, Watts K, & Lestrud S (2007). Noninvasive Mechanical Ventilation. *Clin Ped Emerg Med*, 8, 139-144.
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- Vital FMR, Saconato H, Ladeira MT, Sen A, Hawkes CA, Soares B, Burns KE. A, Atallah AN (2008). Non-invasive positive pressure ventilation (CPAP or bilevel NPPV) for cardiogenic pulmonary edema. *Cochrane Database of Systematic Reviews*, Issue 3. Art. No. CD005351. DOI:1002/14651858.CD005351.pub2

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### **Are there any contraindications to this teaching?**

Age and ability of the patient help to determine type of delivery device to use. Cognitive ability to follow directions is essential for teach back.

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