

## **Bi-level Positive Airway Pressure 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 Bi-level Positive Airway Pressure (BiPAP)**

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 Bi-level Positive Airway Pressure (BiPAP) is
2. I will be able to tell staff why I need BiPAP.
3. I will be able to tell staff what I need to do when wearing BiPAP.

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

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 and carbon dioxide out from them. Bilevel 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.