

## Home Apnea Monitor

Your baby is going to go home with an apnea monitor. This machine will monitor your baby's heart rate and respiratory rate. You will need to check on your baby each time the alarm sounds. Be aware that apnea monitors are not perfect. The monitor will:

- Alarm when baby's heart rate is less than 80 beats per minute or greater than 230 beats per minute.
- Alarm when respirations pause for greater than 20 seconds.
- Record data while monitor is alarming.

You should bring your baby, monitor and alarm record to all Apnea Clinic and doctor's appointments.

### **Putting your baby's monitor on**

- You need to place one patch on each side of the chest at nipple level. Do not place the patches on the nipples. You will need to rotate where you put the patches when changing them to help prevent skin breakdown.
- If the patches will not stay on your baby, a belt can be used to help keep patches in place. You should only be able to fit one pinkie under the belt. Take the belt off the baby for at least an hour per day to clean baby's skin and be open to air.
- Do not use baby powder, oils or lotions where the patches are to be placed.
- The baby may come off the monitor during the day but must **always** be watched when off the monitor by a parent or caregiver. For example, baby may be off the monitor when being fed or bathed.

### **What do you need to do when the monitor alarms?**

- Low heart rate (bradycardia) - heart rate less than 80 beats per minute. You will need to count how many times the monitor beeps. You will be asked to record this on the apnea monitor record (one beep per second).
- Fast heart rate (tachycardia) - heart rate more than 230 beats per minute. You will need to count how many times the monitor beeps (two beeps per second).
- Apnea - pause in breathing for more than 20 seconds. You will need to count how many times the monitor beeps (one beep per second).
- Full memory alarm - When the monitor memory is 75% full, it will beep once and the memory light will come on. You will need to call the monitor company to come download the monitor. Once the monitor is 100% full, the monitor will start recording over previously recorded information. You do not want this to happen because it will erase information that is important for the doctor to know.
- Low battery alarm - When battery is low, plug monitor back into a power source to recharge.

**DO NOT** turn off the monitor during a baby alarm. (This stops the recording and important information will be lost.)

- Each time the monitor alarms, record:
  - The date and time
  - Check the box of what was alarming and how many seconds monitor alarmed
  - Also note baby's color, what baby was doing and what you did for baby during alarm
- You do not need to record when the monitor alarms for the memory being full or the battery is low.
- Be tolerant of false alarms. False alarms can be caused by movement, loose lead wires or incorrectly placed patches. Some alarms could be real apnea and when the monitor alarmed, the noise caused the baby to breathe again.

### **Responding to Alarms**

- Check the baby
  - Is baby breathing?
  - Is baby pink?

If not, stimulate the baby by rubbing or patting his/her back or by tickling his/her feet. If baby does not begin breathing, start CPR and call 911.

If baby is breathing and pink:

- Check the patches on the baby
- Check the monitor

### **When and Who to Call**

Call the doctor when:

- Baby needs stimulation.
- Baby is not acting right, not eating well, sleeping too much or restless.
- Monitor is alarming more than usual.

Call the Apnea Clinic if:

- You have questions and concerns about the monitor.
- The "memory full" alarm is beeping.

Call 911 when:

- Baby requires CPR.

## Safety Tips

- Do not sleep in the same bed as your monitored baby. Movement near the monitor can fool it and cause it to miss apneas.
- Keep children and pets away from the monitor and your baby. They could disconnect the monitor or cause other accidents.
- Check that the alarm is working. Have someone test the alarm while you are in different areas of the house to make sure you can hear it.
  - Carry a baby monitor if you are in a place where you can't hear the alarm.
- Check the monitor's breath detection indicator. While your baby is resting quietly the monitor light should flash once for each breath that your baby takes. If your baby is resting quietly and the "breath" light flashes more or less times than your baby breathes, contact the company that gave you the monitor.
- Check the battery charger connection. The light that shows when the battery is charging should not flicker when the connectors are gently wiggled or twisted.
- Keep the monitor at least a foot away from other equipment such as electrical appliances (i.e. electric blankets or heaters), TV sets, air conditioners or cell phones. These can fool the monitor and cause it to miss apneas.
- Radio signals may affect how the monitor works and sometimes can be picked up as a heart or breath signal. If you are a HAM radio operator or live near an airport, check that the monitor's heart rate indicator and breath indicator correspond with your baby's heart rate and breaths.
- Report problems with the monitor to the company that gave you the monitor. **Watch your baby closely while they are not being monitored.**

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## **Apnea Monitor Alarm Record**

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