

Proper Sizing of Mask and Prongs

- All of nose should easily sit within size on sizing guide to ensure that no part of the mask will be rubbing leading to breakdown
- Measure for both mask and prongs as an infant may require two different sizes
- Measuring card can be found with the generator and should be kept at the bedside to continue to ensure as the infant grows that the appropriate size is being utilized



Proper Mask Placement on CPAP

- Inner mask lining should not be touching any part of the nose
- The mask should not be collapsed down

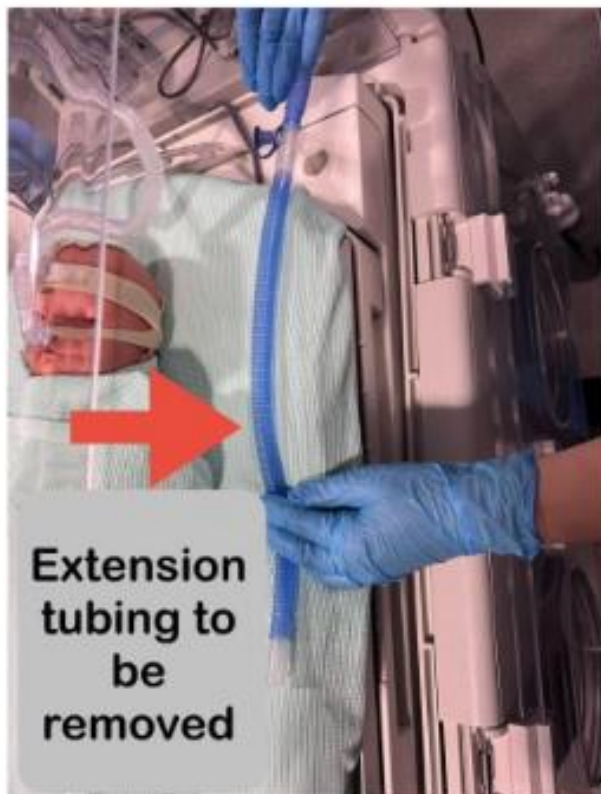


Proper Prong Placement on CPAP

- Prongs should not sit on philtrum or press up against nasal septum
- Side straps of headgear should not compress the prongs out of place
- Prongs remain with curve that allows them to follow the anatomic shape of the nares

Placement of tubing to reduce rainout on CPAP

Step 1:



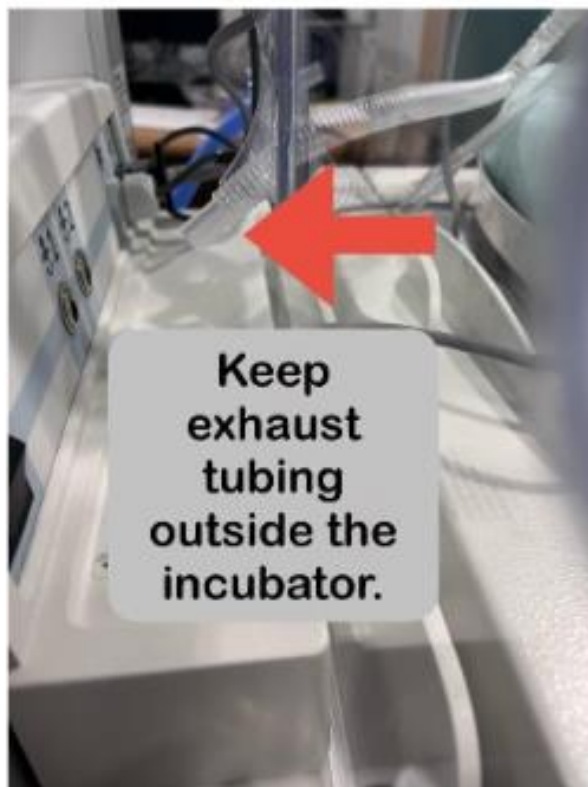
Step 2:



Step 3:



Step 4:



7 Main Points to think about when setting up and using CPAP:

Size:

- Sizing should be verified with two people using Vyairé's measuring tool when first placed on CPAP and weekly to verify size.

Pressure (with cares):

- Prongs should be checked to ensure that they are not resting on the nasal septum.
- Masks should be checked to ensure they are not touching the nares at any point and that they are not resting on the nasal septum.
- Straps should be loose enough across the cheeks to fit one finger's width.
- Change/alternate and relieve pressure from the CPAP mask/prongs every 3 hours and ensure the area is completely dry before re-securing. Moisture removal is essential. Change infants position.
- For extremely preterm infants, prongs may be challenging. If the CPAP mask becomes too warm and collapses, alternate between two masks, allowing one to cool and dry between uses.

Protect:

- Use Cavilon barrier film stick to coat nasal area. This should be a two person task.

Rainout:

- CPAP/DuoPap circuit should run down away from baby- this ensures rainout moves away from the babies' nose and does not cause moisture around the nasal area.
- Temperature probe should be located inside of the incubator.
- The blue extension tubing should be removed
- The exhaust tubing place **just** outside of the incubator.

Clean:

- Masks/prongs should be washed in hot water with mild detergent and stored in a clean container to air dry outside the incubator but within the infant's cot space.
- Masks/prongs should be replaced at least weekly, sooner if either is visibly soiled.

Monitor:

- Documentation of condition of nose and nasal septum scoring should be completed at each mask/prong change and the senior nursing should be notified when redness or breakdown is noted.
- This can be escalated to senior medical as required.
- Tissue Viability should be contacted when skin breakdown is noted for early input and a datix should be completed.

Positioning:

- Infants should be repositioned one quarter turn every 6 hours in keeping with the IVH bundle or every 3-4 hours with cares. For appropriate positioning, please refer to the positioning guideline.

For further information and reference pictures refer to Badger guideline and bundle.

