

CPAP (Children’s Positive Airway Pressure) Program Newsletter

Spring/Summer 2021



Seasonal Suggestion—When Spring Triggers Allergies

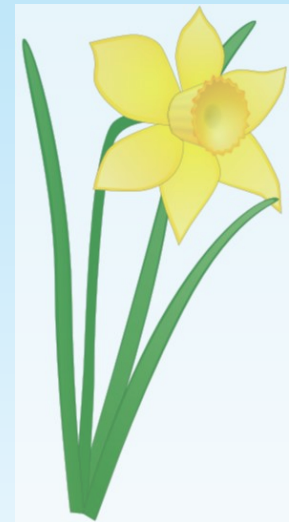
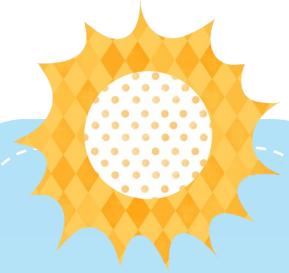
We’re all happy to welcome spring, especially this year after the winter we’ve all had. However, for some of us the warm spring breezes and blooming trees and flowers mean a flare-up of allergy symptoms. Allergies can make anyone feel miserable, but for CPAP or BiPAP™ users they can cause other problems.

Allergy symptoms like nasal congestion, runny nose, sneezing, or cough can make wearing CPAP or BiPAP™ very uncomfortable. What can you do to help your child continue to wear their mask despite allergies?

- Restart as-needed allergy medication that has been prescribed for your child.
- If your child does not have allergy medication, contact their primary care provider.
- If you are unable to control the allergies despite medications and your child uses a nasal (nose) mask, contact the Children’s Wisconsin Sleep Lab to find out if a full-face mask could be right for your child.

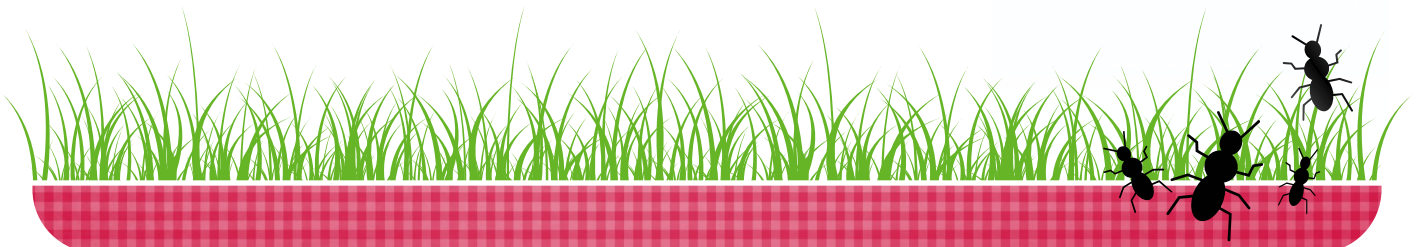
A few other general allergy tips:

- Make sure the filter in your child’s machine is clean. (See Cleaning Corner inside.)
- Check that the CPAP or BiPAP™ machine is not sitting on the floor.
- Keep car and room windows closed. Use air conditioning when cooling is needed.
- After spending time outside, wash hands and face and change clothes.
- Take a shower or bath to wash pollen off before bed.



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New Clinic Alternatives to CPAP (ACPAP) Clinic

Has your child had trouble getting used to CPAP? Even though CPAP is very good at treating Obstructive Sleep Apnea, many children have difficulty in using it long term.

At the ACPAP clinic, children are seen by both a sleep specialist and an ear, nose, and throat specialist to see if surgical, dental, or other alternatives to CPAP could treat their OSA.

If you are interested in having your child or teen seen in this clinic, talk to your sleep provider at your next CPAP clinic visit.



Dr. Hari Bandla
Sleep Specialist



Cecille Sulman, MD
Ear, Nose, and Throat Specialist

Cleaning Corner— Filter Maintenance

It can be easy to forget about changing or cleaning your machine's filter, since it's tucked in the back or side of the machine. However, it is really important to check it regularly. Since it can block out particles like dust and pollen, it helps to make sure that CPAP or BiPAP™ does not worsen your child's asthma or allergies. Also, the filter prevents dust and debris from getting into the machine's motor, so keeping the filter clean helps to extend the life of the machine and keeps it in good working order.

Some filters are disposable, while others need to be cleaned regularly. You can order the disposable filters every month from your home care company.

How often should the filter be changed or cleaned? A lot depends on your home. If you have pets or often have your windows open, you may have more dust and the filter may have to be changed more often. A good rule of thumb is to check it every week when you clean the tube and replace/clean when it looks dirty. A clean filter is white and it looks gray or brown when dirty.

If you have a ResMed machine, it only has a disposable filter. When the filter looks dirty, throw it out and replace it with a new one.

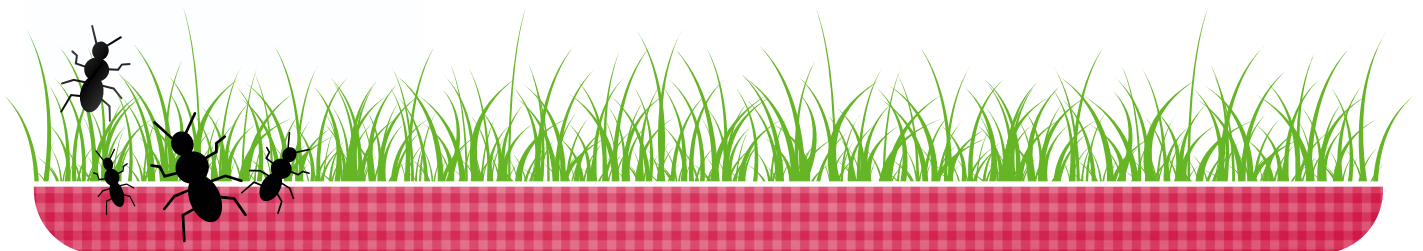
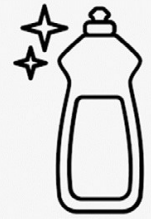
If you have a Resironics machine, there is both a disposable filter and a washable filter. The disposable filter is light blue; replace when dirty. The washable filter is dark blue; after removing the light blue filter, run the dark blue filter under warm tap water; shake to remove as much after as possible, then allow to air dry completely before reinstalling (a wet filter can grow mold).



Resironics filters—left disposable,
right non-disposable.



ResMed disposable filters



Parents Ponder: What is involved with ordering new CPAP or BiPAP™ supplies for my child?



Regularly ordering replacement supplies, including mask, tubing, and filters, is very important to your child's continued success in using their therapy. These supplies are ordered through your home care company. As a general rule, you should order a new filter every month and a new mask and tube every 3 months (some insurance companies only allow ordering the mask headgear every 6 months), and the water chamber every 6 months. We always recommend saving at least one set of old supplies when you replace them in case something breaks before you can order new supplies again.

However, we often hear the question, "My child has had CPAP for a while but now my home care company says I need another order. Why?"

Home Care Companies are required to have an order on file, dated within the last 12 months in order to provide CPAP and BiPAP™ supplies. In order to write that yearly order, your doctor or nurse practitioner needs to see your child at least yearly. This is similar to other things that are prescribed by a doctor, like medicine.

If your child has been seen in clinic in the last year, then it will be easy and quick for us to fax over an updated order upon your or your home care company's request. To schedule an appointment, please call our Central Scheduling department at (414) 607-5280. We look forward to seeing you soon!

"Your child's doctor or nurse practitioner needs to see your child at least yearly."

Ask A Respiratory Therapist: How can I fix a leaking mask?

This is one of the most common questions our Respiratory Therapists are asked. One reason for this is that kids move around in their sleep a lot more than adults.

Here are some simple steps we recommend when mask leak is a problem.

- Check if the mask cushion looks worn or torn and replace if it does. The cushion is the soft silicone piece that seals the mask on the face.
- Silicone masks fit by getting an airtight seal on the face, but movement can break the seal. To restore the seal, first make sure the mask is straight, then gently pull the mask up about ¼ inch and gently let it settle back on the skin.
- Run the mask fit feature on your child's machine before bed to verify that the mask is sealing. (To learn how to do this, check the machine manual.) Adjust until you get a good seal.

- Make sure the mask is not too tight, as a too-tight mask can also cause a leak.



- Children can outgrow their mask and a mask that is too small can leak. If you feel your child's mask is no longer fitting well, please contact the Sleep Center.
- Some patients find that using a cloth mask liner reduces leaks. There are a variety of different types of mask liners, like RemZzz's, Silent Night, Pad-a-cheek, and Snugz.
- If you're not sure if your child's mask is fitting right, have your child's mask fit checked next time you come into CPAP clinic.





Did You Know?

The CPAP clinic (Children's Positive Airway Pressure clinic) has moved into the new Clinic One building! It is located on the second floor, the same floor as the skywalk.



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Sleep Lab: (414) 266-2790 #1
CPAP RT: (414) 266-4924
Pulmonary: (414) 266-6730
Central Scheduling: (414) 607-5280

Website: childrenswi.org/CPAP



Kids deserve the best.



PLEASE
PLACE
STAMP
HERE