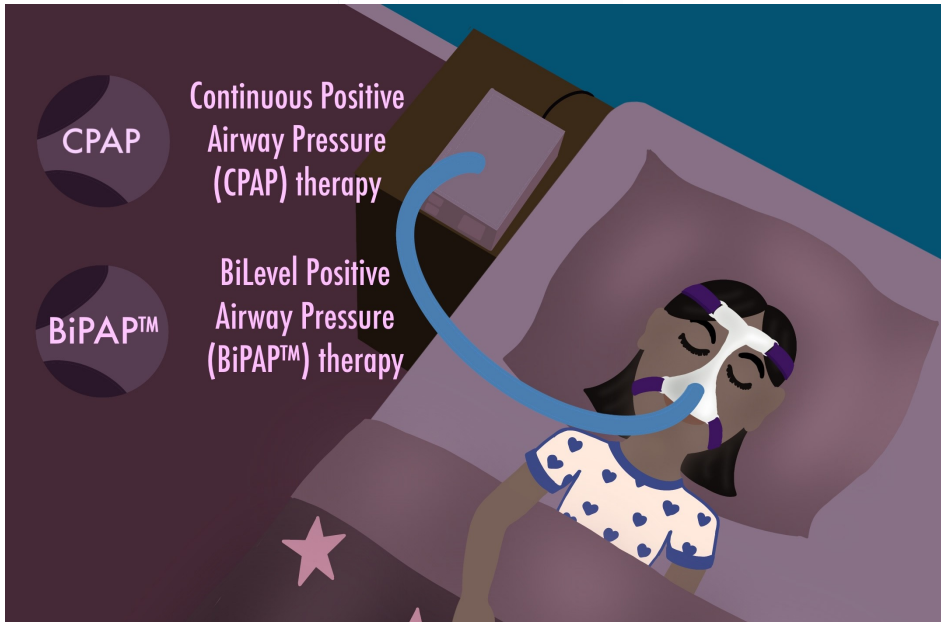


CPAP (Children’s Positive Airway Pressure)



What’s the difference between CPAP and BiPAP™?

Have you ever heard the words CPAP and BiPAP™ and wondered what the difference is? If so, you’re not alone. Let’s break it down.

- CPAP is used to treat Obstructive Sleep Apnea (OSA). The machine is set at a constant pressure that doesn’t change. The pressure, which feels kind of like wind, keeps the mouth and throat open during sleep.
- BiPAP™ can also be called BiLevel. The “bi” means that there are two pressures. One pressure is for the breath in and one pressure for the breath out. BiPAP™ gives extra support when a child breathes in. This is mostly used for two reasons:
 - Children and teens who tried CPAP but aren’t able to get used to the air pressure.
 - Children and teens who have weak muscles, pauses in breathing, or other breathing problems during sleep. For these kids, BiPAP™ can be set with a breath rate, if needed.

Although both work a little differently, the machines look very similar. They are small, quiet, and easy-to-use. They use water to humidify the air and the same masks are used for both of them. Your provider will help you know which is the best therapy for your child or teen. If you have any questions about your child’s therapy, please feel free to ask next time you come to see us in clinic!

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Getting to Know the CPAP Team!

Hello! My name is Rebecca Willis, and I am the Children's Wisconsin Sleep Lab Supervisor. I have been in sleep medicine for over 17 years, working with adults until about 3 years ago when I joined the Children's Wisconsin sleep team. Some of you may have seen me when I have filled in during the clinic at times. In my free time, I love going to concerts and traveling. I also enjoy attending Brewers, Bucks, and Badger games. I am an animal lover and enjoy spending time with my cat, Skywalker, and my dog, Rollie Fingers.



Rebecca Willis
Sleep Lab Supervisor

Why should my dentist know my child uses CPAP or BiPAP™?

—By Megan Grekowicz, APNP

You already know your child's sleep therapy is important for their health. The air pressure from the machine helps your child breathe better during sleep. But did you know that it may cause issues with their teeth? Here are a few things that we think about at Children's Wisconsin CPAP clinic to keep your child's mouth healthy.

Dry Mouth

It is common for kids who wear CPAP or BiPAP™ to have dry mouth. Dry mouth can affect dental health. Saliva helps to keep the tongue, teeth, and gums moist, and keeps a low pH level in the mouth. Less saliva can change the pH level and cause more cavity-causing bacteria to grow. In the Children's Wisconsin CPAP clinic, we order heated humidity with the CPAP machines to help with dry mouth. Regular checkups with your dentist can help prevent cavities. Also, help your child to brush their teeth twice a day and floss!

Moving, Shifting Teeth

Wearing a mask can put pressure on the teeth and jaw. Sometimes wearing a mask at night can cause a child's teeth to shift over time. We check your child's smile at each clinic visit. If we see that your child's teeth are starting to shift, we will try to switch to a different mask to relieve any pressure on the teeth. Dentists can also pay close attention to any teeth shifting if they know your child is using a mask.

Braces

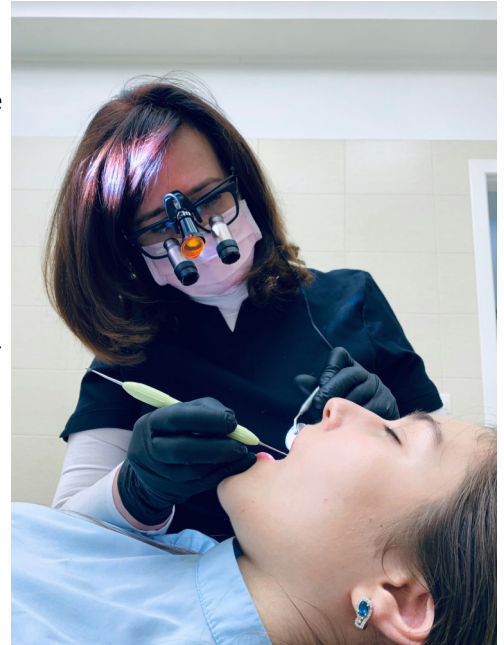
There is no reason for your child to stop using their therapy if they get braces. Having braces should not interfere with using CPAP or BiPAP™. For some children, an appliance such as headgear is needed. We can work with your child to find a mask that allows them to wear both the headgear and the mask during sleep.



Dental Procedures

If your child will get a medicine to make them sleepy during a dental procedure, please let your dentist know if your child has sleep apnea and uses CPAP or BiPAP™. The dentist can plan a safer procedure if they know your child's medical history. It may also be helpful to have their machine and mask available after the procedure to help your child breathe better before waking up.

Next time you visit the dentist, tell them your child uses CPAP or BiPAP™. Dentists are our partners to help keep your child's smile healthy and fabulous!





Ask a Respiratory Therapist: Should my son or daughter bring their CPAP or BiPAP™ equipment when staying in the hospital?

—By Sue Samphere

This is a great question. Many kids we treat stay in the hospital for different reasons, for instance, a surgery or a test. Or a child may get sick and need to be treated in the hospital. If your child needs to stay overnight in the hospital, it is best to bring their home sleep machine and mask. This will help them to be more comfortable during their stay. However, if your child is ill, you may not think of bringing the machine. If so, we may ask you to bring the equipment from home later.

If your child is scheduled for surgery, please bring their machine, tubing, mask, and power cord. A nurse will remind you of this before surgery. Using the bag that came with the machine can help you remember to bring all of the pieces. The same applies if your child uses a ventilator and mask. Please bring the ventilator, tubing, mask, and power cord. You don't need to bring the humidifier as this will be provided for you.

Most children will need to stay in the Intensive Care Unit (ICU) if they wear a mask during sleep, especially if they have any symptoms in their lungs like a cough or wheeze. Sometimes a child who is in the hospital for something simpler can stay on a general hospital unit. In that case, the child's family needs to be able to put the mask on and turn on the machine without help from hospital staff.

If you have questions, please contact the CPAP team at 414-266-4924.

Parents Ponder: What are my options for power outages?



Sadly, CPAP and BiPAP™ machines do not work without power. If the power goes out in the night, try to take your child's mask off. The mask should not be used for a long time without the air pressure.

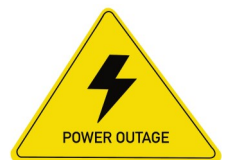
It's not dangerous for your child to stop using their CPAP for a short time until the power comes back on. However, your child may have symptoms because their sleep apnea is not being treated.

If your child uses BiPAP™ with a breath rate, a power outage could be more serious. Check with your child's sleep doctor to find out what you should do in this case.

Some families choose to purchase a back-up battery for their child's CPAP or BiPAP™ machine. Insurance does not cover these batteries. Make sure that a battery works with your machine before buying it. Most batteries can provide 1-2 nights therapy, but it can vary. A good idea would be to test how long the battery lasts in advance.

Ventilators have an internal battery that can run for hours. The number of hours depends on your machine and how it is set. You can ask your home care company for more information. If you have a spare battery for your child's ventilator, make sure it is always fully charged.

If you have questions, please ask us next time you're in clinic or give us a call!



Transportation Options for Medicaid and BadgerCare Plus

If your child has Medicaid or BadgerCare Plus, you can get a free ride to your child's CPAP clinic appointment by using MTM. To schedule a ride to routine appointments, you must call MTM at 866-907-1493 at least two business (Monday – Friday) days before your appointment. Two business days' notice includes the day of the call, but not the day of the appointment. They schedule rides 24 hours a day, seven days a week. Or you can also use on-line MTM Link web portal to book your trip at any time: <https://www.mtm-inc.net/wisconsin/>

A last option is to download the MTM Link Mobile App to schedule your rides.

If you have a car and can drive yourself to your appointment, you may be eligible for gas mileage reimbursement (money for gas). A friend or family member may also be eligible for reimbursement to take you to your appointment. Call or chat with MTM for more information.



Children's Wisconsin CPAP Program
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Milwaukee, WI 53226

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.