

CPAP (Children’s Positive Airway Pressure) Program Newsletter Fall/Winter 2024



Kids deserve the best.



Sleep Apnea and School

By Megan Grekowicz, APNP

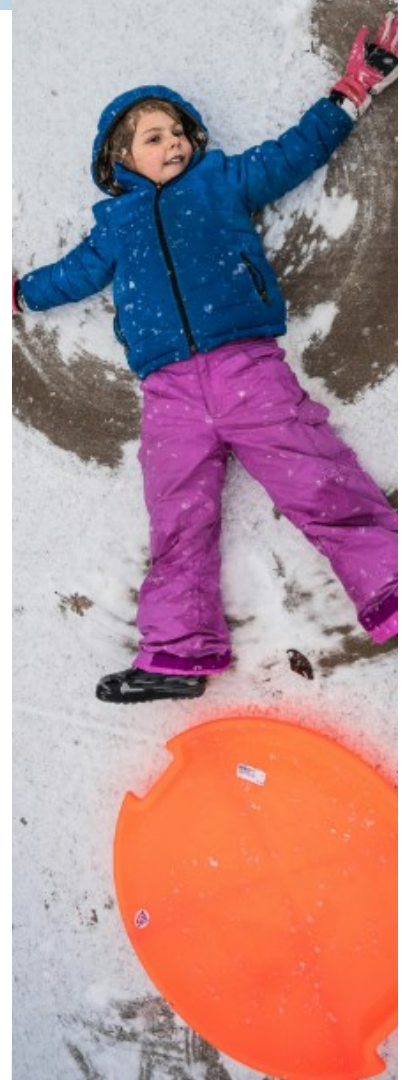
The school year is in full swing, and students are settling into their classroom routines. Homework assignments are graded, school projects are due, and your child has an upcoming test. There is a lot to learn! As parents, we want our kids to thrive at school. Many factors affect your child’s learning, but did you know that treating your child’s sleep apnea can help with success at school?

Untreated sleep apnea can interrupt sleep. When a child stops breathing during sleep (known as apnea), it triggers a brain reflex that wakes your child up long enough to start breathing again. This interrupted sleep can cause difficulties during the day with attention and concentration, impaired memory, and make it harder to learn. This is one of many reasons why it is so important to treat sleep apnea.

How Can Parents Help?

- Use CPAP every night: Wearing CPAP all night will treat sleep apnea during the whole night.
- Protect sleep: Have a consistent bedtime routine, including getting the school backpack ready for the next day. Make sure your child gets enough sleep. Kids 6 to 12 years old need about 10 to 11 hours of sleep per night. Teens 13 to 18 years old need about 9 hours of sleep per night.
- No distractions: No TV or electronics (including cell phones!) after bedtime.
- Talk to teachers: Ask your child’s teacher how your student is doing in class. Are they falling asleep or looking tired? Do they seem focused and engaged, or are they distracted?

If your child is struggling in school, talk to your CPAP team. They can check how much the CPAP machine is being used to make sure untreated sleep apnea is not a cause of school difficulties.



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Getting to Know the CPAP Team

Hello, I'm Sue Samphere and I've been at Children's Hospital and Health System for 28 years. I've worked as a Respiratory Therapist and Sleep Technologist for about 30 years. I've been focused on the CPAP program full-time since 2019. You might remember me from your child's sleep study or from fitting masks in Critical Care. I love helping children and parents in the Sleep and CPAP program and sharing tips for better sleep with CPAP.

I'm married and have a 14-year-old daughter. In my free time, I enjoy camping, going to concerts, and traveling. We also love pets and have a cat named Oreo. I hold a 1st Degree Black Belt in Taekwondo, and my daughter recently earned her 2nd Degree Black Belt. We both enjoy teaching Taekwondo, especially self-defense for young girls and women.



Sue Samphere, Respiratory Therapist

The Scoop on CPAP and BiPAP™ Downloads

By Korina Flint, RRT, CCSH

When you come into the clinic, your provider shows you a download of your child's machine. This data helps us understand how to help you and your child get the most out of sleep therapy.

Have you ever wondered what we are looking for?

- Is the therapy working well? We look at things like: is the machine set correctly, is there a high air leak from the mask, and is your child still having breathing events?
- Is the machine being used regularly? The download shows us how many days per month and how many hours per night the machine is used. The goal is to wear the machine all night, every night, but many children and teens have to slowly work up to that. To continue to pay for the machine, insurance companies require that the machine is used at least 4 hours per night 70% of the time.

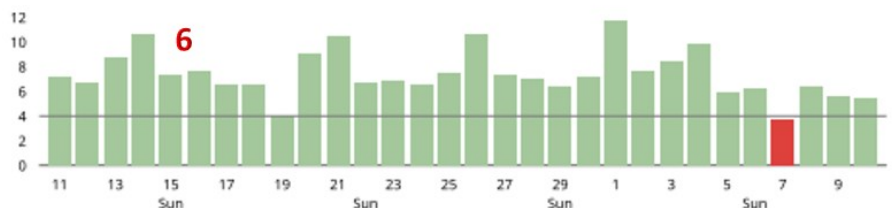
Some important numbers we look at:

1. How many days was the machine used?
2. Did your child use the machine for at least 4 hours per night? (Insurance requires that this be equal to or greater than 70%)
3. For Auto CPAP, how much pressure is the machine giving?
4. Is there a large air leak?
5. Is the machine detecting breathing events?
6. This section gives an overview – green is usage over 4 hours, red is under 4 hours. We like to see a lot of green, like a healthy lawn.

Usage days	1	30/30 days (100%)
>= 4 hours	2	29 days (97%)

Therapy				
Pressure - cmH2O	3	Median: 6.5	95th percentile: 9.2	Maximum: 10.8
Leaks - L/min	4	Median: 0.0	95th percentile: 7.3	Maximum: 70.7
Events per hour	5	AI: 0.5	HI: 0.3	AHI: 0.8
Apnea Index		Central: 0.1	Obstructive: 0.3	Unknown: 0.1
RERA Index				0.1
Cheyne-Stokes respiration (average duration per night)				0 minutes (0%)

Usage - hours



Don't forget your child's flu vaccine and COVID-19 booster!



Kids & Exercise

By Korina Flint RRT,
CCSH

You want the best for your child. A great way to help is by getting them to exercise. The Center for Disease Control and Prevention says kids should move for at least one hour every day. Being active is important, but it can be hard because we sit a lot. Plus, with cold weather going outside might be tough. Here are some ideas to get your child moving:

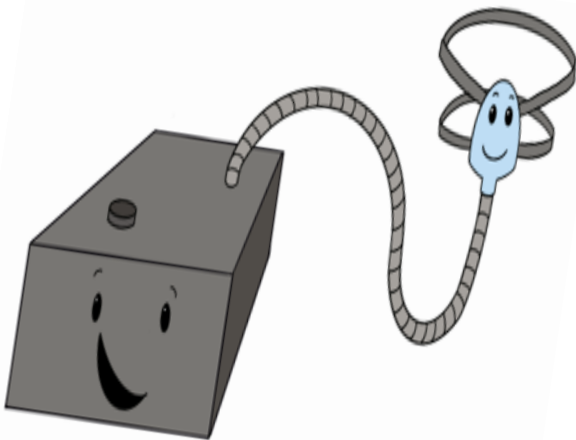
- Play outside if the weather is nice
- Cut down on screen time and use it as a reward for being active
- Join an after-school sport
- Check out local community centers
- Exercise as a family – play sports, walk, hike, or bike together
- Have a family dance party, play balloon volleyball, or do jumping jacks during commercials
- Lead by example. If your kids see you enjoying exercise, they'll want to join in

Next time you're at the clinic, let us know any fun ideas you've come up with!

Benefits of exercise:

- Good for the heart
- Helps manage weight
- Strengthens bones and muscles
- Supports healthy growth
- Better school performance
- Improves sleep and helps with Obstructive Sleep Apnea

Bringing Your Child's Equipment to CPAP Clinic By Sue Samphere, CRT, RPSGT



It's very important to bring your child's CPAP or BiPAP™ equipment to their clinic visit. You may ask why? There are a few reasons. First, we check the condition of the machine and measure the pressure. We also check the settings to make sure they're correct. Then, we look at the mask and have your child try it on. We check the masks for leaks and your child's skin for redness. We may adjust the mask or fit your child with a new one if needed.

Bringing the equipment helps us get your child comfortable with using their mask. We can also troubleshoot any issues with the machine and let your homecare company know if it needs to be fixed. If we can't see how long your child is wearing the mask at night, we can use a small card to collect this information and download it to a program. All of this helps us, as Respiratory Therapists, to support your child's success in using their therapy.

Children's Wisconsin Expands Sleep Lab

by Thomasien Malsch, Sleep Lab Manager

Children's has combined its two sleep labs in New Berlin and Milwaukee into one bigger, better facility on the Milwaukee campus. The new sleep lab, located on the second floor of the Milwaukee hospital, now has 12 beds, up from the previous 8. This means we can help more kids who need sleep studies. Combining the labs makes it easier to manage staff and see patients more quickly. The new lab also has updated, modern equipment to give the best and safest care for children.



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