



CPAP (Children's Positive Airway Pressure) Program Newsletter

Welcome to our CPAP Program's first newsletter! We're excited about this new way to connect with our patients and their families. Please let us know if you have ideas or suggestions for future newsletters.



A screenshot of the Children's Wisconsin website. The top navigation bar includes links for Home, About us, Careers, Contact, Medical professionals, NewsHub, MyChart, and Donate. Below this is a secondary navigation bar with links for Medical care, Patient/family experience, Locations, Find a doctor, Children's and the community, and Ways to help. The main content area features a large image of a child brushing their teeth, with the text "CPAP Program" overlaid. Below the image, there is a welcome message: "Welcome to the CPAP Program at Children's Wisconsin. This program is for children and teenagers with sleep disordered breathing who use a CPAP (continuous positive airway pressure) machine, BiPAP® (bilevel positive airway pressure) machine, or home ventilator with a mask. Our team of lung doctors (pulmonologists), sleep specialists, respiratory therapists, and nurses are trained to provide high quality care focused toward children and teens. The CPAP program is part of the Division of Pediatric Pulmonary and Sleep medicine, which has been consistently named among the nation's best in the U.S. News & World Report Best Children's Wisconsin report." To the right of this text is a badge that says "Nationally rated Pulmonary care" and "BEST CHILDREN'S HOSPITALS USNews PULMONOLOGY & LUNG SURGERY 2020-21". Below the welcome message is a "More information" section with a dropdown menu. The dropdown menu is open, showing options: "What is CPAP", "What is BiPAP", "What is home ventilator with a mask", "FAQ", and "Our team". Below the dropdown menu is a link that says "What is CPAP?".

Our CPAP Program has a new website: childrenswi.org/CPAP
Check it out to find information about our team, the answers to frequently asked questions, and therapy options.



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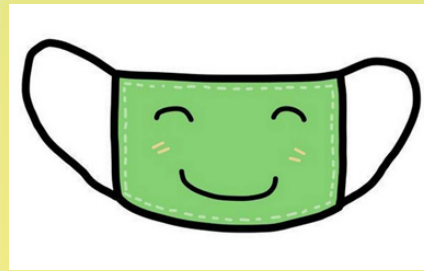


Louella Amos, MD
Pediatric Pulmonologist
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Lauren Castner, DO
Pediatric Pulmonologist
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Behind the Mask:



Jennifer Henningfeld, MD
Pediatric Pulmonologist



Julie Noe, MD
Pediatric Pulmonologist

Meet the CPAP Team



Megan Grekowitz, APNP
Nurse Practitioner



Sue Samphere
Respiratory Therapist
Sleep Technologist



Maria Gasser
Sleep Technologist



Korina Flint
Respiratory Therapist

COVID-19 Tips

- CPAP and BiPAP machines may spread COVID-19 more than normal breathing by creating additional droplets that carry the virus. So, if your child who uses CPAP or BiPAP contracts COVID-19, it's safer if no one else sleeps in the same room.
- It is recommended to use distilled water in your child's humidifier. However, if there is a shortage of distilled water, either bottled or tap water can be used in the humidifier until distilled water can be purchased again. To use tap or bottled water, first boil for 5 minutes and then cool. Using bottled or tap long-term will cause a buildup of minerals in the water chamber. You can use a mixture of $\frac{1}{2}$ cup white vinegar and $\frac{1}{2}$ cup water to dissolve the minerals. Make sure you rinse the chamber well with water after soaking it.
- No extra cleaning of CPAP equipment is required. Soap has been shown to be effective against COVID-19. The mask should be washed daily and the tubing and water chamber weekly.
- Always keep your last CPAP or BiPAP mask, tubing, and water chamber when you replace them with new items. That way if there is a shortage or something breaks early, you will have a back-up. It's especially important to order replacement supplies regularly now in case of future supply disruptions.
- Sign up for MyChart so that you can send non-urgent messages to your child's sleep or lung doctor. The CPAP team can also send you updates and questions if you have MyChart.
- The pandemic has been affecting sleep schedules for both kids and adults. It's important to keep to a regular bedtime. Getting enough sleep is very important for mental and physical health. A regular bedtime will also help your child to be in the habit of using their CPAP or BiPAP every night.



What is MyChart?

Receive video visits from your child's MD, from the comfort of your home via mobile phone or tablet.

View and pay bills online.

Send and receive secure messages with your child's doctor.

Access test results quicker.

Request prescription refills
Manage appointments.



Sign Up Today!

To create a MyChart account you need an access code, which you can get in one of three ways:

1. [Request a code online](#) at mychart.chw.org.
2. Get one from your provider during a clinic visit.
3. Visit the [Daniel M. Soref Family Resource Center](#) near the Milwaukee campus hospital lobby from 11 a.m. to 2 p.m. Monday through Friday for assistance or call 414-266-3169.

Once you have the activation code, you have 60 days to go to mychart.chw.org and activate your account.

Ask a Respiratory Therapist:



Should I buy a SoClean® or another high-tech cleaner for my child's CPAP or BiPAP machine?

That's a great question and one we hear often. There are a lot of ads out there for machines that use ozone or ultraviolet (UV) light to clean CPAP machines and supplies. Some of these ads have even made parents wonder if their child could get sick from the CPAP or BiPAP equipment if they don't purchase a special cleaner.

First, it is very important to keep CPAP and BiPAP equipment clean, since it pushes air into your child's throat and lungs. However, regular soap and water works great to clean CPAP and BiPAP masks, tubing, and water chamber. It makes sense, doesn't it? Soap is what we use to clean our hands and we're confident that it works to keep us safe and clean.

What about high-tech cleaners? Are they proven to be safe and effective? Actually, earlier this year the FDA issued a safety communication about devices using ozone or ultraviolet light which stated, in part, "their safety and effectiveness for use with CPAP devices and accessories is unknown". Further, the FDA website states: "The FDA has received reports from patients experiencing cough, difficulty breathing, nasal irritation, headaches, asthma attacks and other breathing complaints when ozone gas-based products were used to clean, sanitize or disinfect CPAP devices and accessories."

Therefore, these devices are not FDA approved and the FDA is investigating whether they are safe. The FDA recommends following the manufacturer's guidelines to use soap and water to clean CPAP and BiPAP equipment.

Also, using an ozone or UV light cleaner could invalidate the warranty on your child's CPAP or BiPAP machine.

What's the takeaway message? The FDA is investigating these machines and they have not been proven to be safe. Whereas soap and water are the time-tested way to clean everything from our hands to CPAP and BiPAP Equipment.

For more information see: <https://www.fda.gov/medical-devices/safety-communications/potential-risks-associated-use-ozone-and-ultraviolet-uv-light-products-cleaning-cpap-machines-and>



Cleaning Corner

Don't forget to use mild soap to clean your or your child's mask cushion every morning. It's important to choose a soap with no dyes or fragrances. Examples of this type of soap are dish soaps like Ivory Clear or Palmolive Pure + Clear. You can use the same soap to hand wash the head straps, mask frame, tubing, and water chamber once per week.

Why is this so important? Dyes and fragrances are very harsh to silicone products. They can wear out the mask cushion before your insurance will pay for a new one. If that happens the mask may not fit properly, causing it to leak.

Fall is here and so we know winter is right around the corner, even if we don't want to think about that yet. While fall brings lots of great things — think orange pumpkins, brightly colored trees, and warm apple cider — it also brings cooler temperatures. When the air is cool, it can't hold as much humidity. This drier air can also dry out your child's nose or mouth when they are using CPAP or BiPAP. So fall is a good time to assess if the humidity needs to be increased.

Some CPAP and BiPAP humidifiers with heated tubes* may be set to automatic. This setting should automatically adjust to the changes in season. However, if the humidity is set on manual or if your child has a standard tube, you may need to increase the amount of humidity when the air is drier and cooler.

Signs that you should increase the humidity:

1. When your child says they have a dry nose or mouth after using CPAP.
2. If they get nosebleeds that aren't usual for them.

If you're not sure how to increase the humidity, you can check the machine's user manual, call your home care company, or reach out to Children's Wisconsin's CPAP team at (414) 266-4924.

There are also YouTube videos available for both Resironics and ResMed machines that show how to adjust the humidity.

*A heated tube has a thin wire that runs up the entire length of the tube, which heats the air all the way up. This type of tube plugs directly into the CPAP machine. A standard tube does not heat the air that runs through it and just attaches to the humidifier.



Did you know?

Children and teens using CPAP or BiPAP™ should have a visit in CPAP clinic at least every 6 months to 1 year. If your child needs an appointment, please call our Central Scheduling Department at (414) 607-5280.

