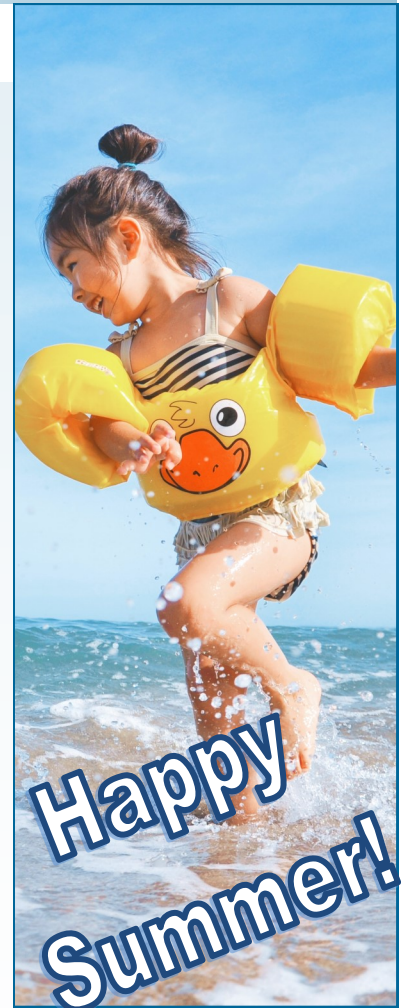


# CPAP (Children’s Positive Airway Pressure) Program Newsletter Summer 2023



## The Benefits of Regular Clinic Visits

Children’s CPAP program recommends that patients on CPAP, BiPAP™, or a ventilator with a mask be seen in clinic for regular visits—at least every 6 months to 1 year for most patients. Some children need to be seen more often, for instance if they are struggling with their therapy or need to be seen more frequently for another health condition.

But you might wonder why your child needs to be seen so often, especially if there are no problems with their CPAP or BiPAP™. Here are a few reasons:

1. Insurance companies require a clinic visit within 31-90 days of getting a new CPAP or BiPAP™ machine. And kids need to be seen at least every year so we can provide a yearly order for CPAP/BiPAP™ or ventilator supplies.
2. Your doctor or nurse practitioner will check if any changes need to be made to your child’s therapy, like a pressure change or another sleep study.
3. Your child’s mask size and fit needs to be checked regularly. Since children change and grow, sometimes rapidly, our respiratory therapists check whether your child’s mask is still the right size for them.
4. The CPAP respiratory therapists check your CPAP or BiPAP™ machine or ventilator at each clinic visit to make sure the settings are correct and that the machine is working properly.
5. We do a download of how often your child is using their machine and help to troubleshoot any challenges in using their therapy regularly.

If your child is due for a clinic visit, please call our Central Scheduling department at (414) 607-5280. We look forward to seeing you soon!

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## Say Hello to Tamara Davis!

The CPAP program has welcomed a new Respiratory Therapist. Tamara would like to introduce herself:

“Hi, I’m Tamara! I’ve been a Respiratory Therapist for seven years. I started off as an intern at Children’s and later transitioned into a full-time position. I’m very happy to be a part of Team Sleep. I love traveling, cooking, singing in the choir, self-care day, and spending time with family and friends. I also love being a Fur Baby mom to my dog Prince.”

Next time you come into clinic, be sure to welcome Tamara and maybe ask her to show you a picture of Prince—he’s really cute!



Tamara Davis

## Parents Ponder—When Will My Child/Teen Start Feeling Better After Starting CPAP or BiPAP™?

Imagine this scenario: A 15-year-old girl starts CPAP and wears it faithfully for a week, but still struggles with waking up in the morning and being tired throughout the day. After a week, she tells her mom: “Mom, the CPAP isn’t working. I don’t want to wear it anymore.”



So, the question is how quickly will CPAP or BiPAP™ improve your child’s symptoms? That’s not an easy question to answer because each child is different. Some feel better right away, while for some it can take time, even weeks to months, to start noticing daytime improvement. However, you should notice nighttime improvements right away.

Also, after beginning therapy, some kids and teens struggle to sleep through the night because they aren’t used to wearing the mask yet. This can cause them to be sleepy during the day, but should get better when they get used to their therapy.

If your child’s breathing is improved and sleep is more restful, then you are already seeing symptom improvements from the therapy. Daytime improvements may take longer and be more subtle. So, don’t give up using the machine!

But what if your child has been using it for months and they are still suffering from difficulty waking up, daytime sleepiness, headaches, behavioral issues, or some other symptom? It would be good to consult your sleep provider, but here are a few reasons why the symptoms may persist:

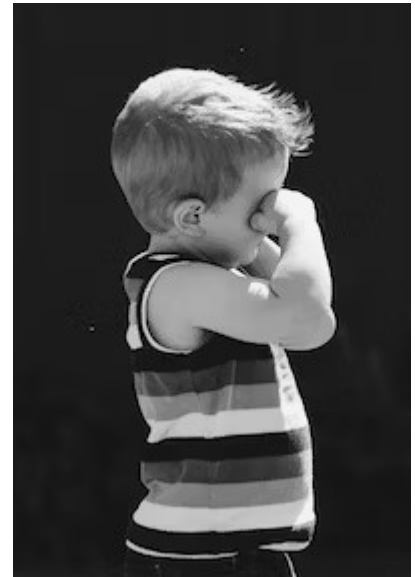
- ◆ Your child may not be wearing the CPAP or BiPAP™ enough hours. You may have heard from your home care company that your child should wear the mask at least 4 hours, but to get the most symptom relief they should wear it any time they are sleeping. Check to see how many hours your child is wearing the machine. If it’s less than the entire time they are sleeping, work on increasing the number of hours.
- ◆ If your child or teen is sleeping less hours than recommended for their age, they could still feel tired or have other symptoms. According to the American Academy of Sleep Medicine™, children 6-12 years old should sleep 9-12 hours per night and teens 13-18 years old should sleep 8-10 hours per night. If your child is regularly sleeping less, talk to your sleep provider about how to increase their sleep time.

If your child is still sleepy despite getting enough hours on CPAP or BiPAP and enough hours of sleep, talk to your doctor or nurse practitioner about investigating other causes of the symptoms they still have.

## Seasonal Suggestion—Allergies and CPAP/BiPAP™

Seasonal allergies can make wearing a mask at night very difficult, especially if it is a mask that only covers the nose. How can you help to reduce allergy symptoms so that your child can continue to wear their therapy?

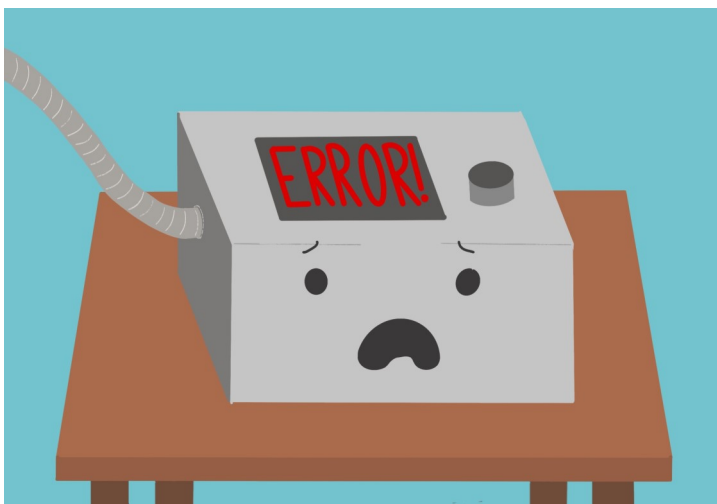
1. Consider allergy medication—if your child’s doctor has prescribe and as-needed medication, restart it. If not, contact your child’s primary care doctor.
2. Make sure that the machine’s filter is clean and replace, if needed.
3. Check that the machine is not sitting on the floor because otherwise dust and allergens can be pulled into it and worsen allergies.
4. Follow general allergy tips, like keeping room windows closed and use air conditioning.
5. Wash your child’s hands and face and change their clothes after spending time outside.
6. Try a shower or bath before bed to wash pollen off of skin and hair.
7. If your child is already taking allergy medication, but is still unable to wear their nasal mask, contact our respiratory therapists at (414) 266-4924.



## Ask a Respiratory Therapist—When should my child’s CPAP or BiPAP™ be replaced?

Great question! Typically, insurance companies will cover a replacement machine if it is over 5 years old, especially if it is not working properly. If your child’s machine has problem before it is 5 years old, your home care company will provide you with a loaner machine while your machine is repaired. If the cost of repair is greater than a new machine, your insurance may decide to replace it.

If a machine is lost, stolen, or damaged, it’s best to reach out to your home care company to find out what they will need to work on replacing it. For instance, if it is damaged in a fire, they will ask you for a fire report. Or if it is stolen, you’ll likely need to provide a police report. So it’s important to make sure you report the loss right away and have those documents.



The first step if the machine isn’t working right is to call your home care company right away. You’ll need to tell them what the problem is and if there is an error message on the screen, write it down or take a picture, so you can tell them what it said.

They will work with you to troubleshoot if there is a simple solution. They may ask you to bring the machine in to their office to check and ask you to call your doctor for an order. If so, you can call our Sleep Center Respiratory Therapists at (414) 266-4924.

After getting a new machine, insurance companies require a clinic visit within 31-90 days, even if your child was recently seen in the clinic.

## Philips Respironics Recall Update

Respironics  
Recall

In the summer of 2021, Philips Respironics recalled millions of CPAP and BiPAP™ machines, as well as some Trilogy ventilators, due to concerns about the sound-dampening foam used inside the machine. We're happy to report that the process to replace or repair these machines is now winding down. Most of our patients already have a repaired or replaced machine. However, if your child has a first-generation Philips Respironics DreamStation CPAP or BiPAP™ machine or a Trilogy 100 or 200 that has **not been** replaced or repaired, please visit:

[www.philips.com/src-update](http://www.philips.com/src-update)

On this site, you can either register your child's machine, if you have not yet, or contact Philips Respironics to find out the status of the replacement process.

Children's Wisconsin CPAP Program  
9000 W. Wisconsin Ave.  
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](http://childrenswi.org/CPAP)

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PLACE  
STAMP  
HERE



Kids deserve the best.