

CPAP

Applies to:**P** Paramedic**Clinical Indications:**

1. CPAP is indicated in adult patients whom inadequate ventilation is suspected and who have adequate mental status and respiratory drive to allow CPAP to function. This could be as a result of pulmonary edema, pneumonia, asthma, COPD, etc.

Clinical Contraindications:

1. Decreased Mental Status.
2. Facial features or deformities that prevent an adequate mask seal.
3. Excessive respiratory secretions.

Procedure:

1. Ensure adequate oxygen supply to ventilation device.
2. Explain the procedure to the patient.
3. Consider placement of a nasopharyngeal airway.
4. Place the delivery mask over the mouth and nose. Oxygen should be flowing through the device at this point.
5. Secure the mask with provided straps starting with the lower straps until minimal air leak occurs.
6. If the Positive End Expiratory Pressure (PEEP) is adjustable on the CPAP device, adjust the PEEP beginning at 0 cmH₂O of pressure and slowly titrate to achieve a positive pressure as follows:
 - a. 5 – 10 cmH₂O for pulmonary edema, near drowning, possible aspiration or pneumonia. A PEEP setting of 7.5 cm H₂O is suitable for most patients.
 - b. 3 – 5 cm H₂O for COPD.
7. Evaluate the response of the patient assessing breath sounds, oxygen saturation, and general appearance.
8. Titrate oxygen levels to the patient's response.
9. Encourage the patient to allow forced ventilation to occur. Observe closely for signs of complications. The patient must be breathing for optimal use of the CPAP device.
10. Document time and response in the EHR.

