Admission to hospital
You have been admitted to hospital with a severe flare-up of your chest condition and have needed to have non-invasive ventilation (NIV).

Sometimes, NIV can be needed for a longer period of time and on this occasion the doctors feel that your treatment can be completed at home through the use of a “NIPPY3+” ventilator. NIPPY3+ will deliver NIV for temporary home mechanical ventilation (THMV) and this will be for use similar to the NIV that you have received in hospital. You may have to use the NIPPY3+ for a few hours on and off in the day but usually it is kept on at night; the details of this will be discussed with you prior to your discharge from hospital. Gradually, as your condition improves (this can vary from a few days to weeks), the amount of time you are required to use the NIPPY3+ will be reduced.

Treatment at home
Your treatment will be supervised at home by a team consisting of respiratory specialist physiotherapists and acute respiratory team (ART) nurses. A specialist physiotherapist and/or nurse will visit you the day after you are discharged from hospital and will continue to visit or telephone you daily at home until you no longer require our NIPPY3+. As required, your case will be discussed with a respiratory consultant who will plan your future care and this will be discussed with you.

When the physiotherapist/nurse visits, he/she will monitor your progress and adjust your treatment according to how well you are responding. You will have contact numbers so that you can call at any time for advice. If your question is not urgent, and we are not available to take your call, please leave a message and we will call you back as soon as possible.

Treatment following your flare up
You will be seen in the respiratory clinic by a respiratory specialist physiotherapist and a respiratory consultant. They will discuss your future care with you.

The NIPPY3+ ventilator
The respiratory specialist physiotherapist will show you/your partner/carer how to use the NIPPY3+ before you are being discharged from the ward.
You/your partner/carer will be able to:

- turn the machine on and off,
- put the mask on and take it off,
- change the filter each day
- clean the mask
- problem-solve simple common problems that may occur

Below are a few simple problem-solving examples that may help you. If you have any concerns, please do not hesitate to contact us on the numbers overleaf.

**Problem solving**

1. **If your machine is sounding an alarm:**

   Check the screen on the NIPPY3+ machine – this will tell you in a red box what the problem is. **Do not** silence the machine as it is important to know it is working correctly, and once the problem is corrected, the alarm will turn off.

   Ensure the circuit is still attached to the machine and mask as this can become loose and come off.

   Check that there is not extra air blowing from, or around, the mask.

   If the machine continues to alarm, contact the respiratory specialist physiotherapist and tell them what the machine is saying in the red box as this will help them work out what the problem may be.

2. **If you have pain over your nose:**

   Often patients that wear the NIPPY mask for long periods of time can develop pain across the bridge of the nose. You will have been sent home with a Duoderm dressing, which can be cut to size and applied to your nose (as you will have had on the ward). This Duoderm should provide a small amount of extra padding to the nose pressure points.

   Ensure that your mask’s straps are not too tight as this will increase the pressure on the bridge of the nose. It should be snug enough to stop air from leaking around the mask but tightening it too much can result in discomfort or pressure sores.

   Remove the mask, and then re-apply it. If it is still painful but there is a leak, using a mirror you can slightly tighten the straps to make it fit better. Alternatively, a member of your family can do this for you. Should it be uncomfortable after re-applying the mask but there is not a leak please contact your respiratory Physiotherapist/Nurse.

   Inform the Physiotherapist/Nurse when they next speak to you.

3. **If you are getting air leaking around your face:**

   This is likely due to the mask not fitting correctly. **Do not** silence the machine as it is important that it is working properly. Once the problem is corrected, the alarm will turn off.
Remove the mask, and then re-apply it. If it is still leaking, using a mirror you can slightly tighten the straps to make it fit better. Alternatively, a member of your family can do this for you. Be careful not to over-tighten; just enough to stop the mask leaking.

Ensure you tell the physiotherapist/nurse when they visit.

4. If your mask is dirty:

Use a baby wipe to clean around the mask. This should be done weekly, or more often, if your mask seems dirty in between uses.

**Oxygen**

If you need to have oxygen through the NIPPY3+ it is important that you do not adjust the dose. This will be monitored by the respiratory specialist physiotherapist/nurse and adjusted appropriately. If you have any questions or concerns about it, please speak to them about the problem.

**When you no longer require the NIPPY3+**

If you no longer need to use the NIPPY3+, either because you have been weaned off by the physiotherapist/nurse or you have received another machine which you will use long term, then you need to arrange to return the loaned equipment. Either speak to the respiratory specialist physiotherapist/nurse when they visit or contact the respiratory specialist physiotherapist/nurse/Ward N3 on the mobile number below.

**Contacts/Further information**

**Respiratory Specialist Physiotherapist**
01223 256634  
*Monday to Friday* 08:00 – 16:00 (answer phone available)

**Acute Respiratory Team (ART) nurses**
01223 216647 *Saturday* 08:00 – 16:00

If you have not had a reply within an hour, please call Ward N3.

**Ward N3** 01223 256645 *Sunday* and *for out of hours responses*; available 24 hours a day, seven days a week
We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 348043, or email: interpreting@addenbrookes.nhs.uk For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk

Document history

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