

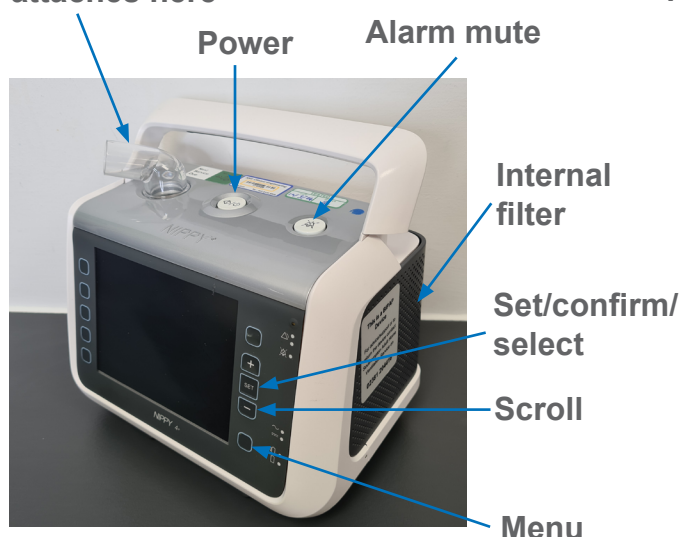
Patient information factsheet

Your non-invasive ventilation (NIV) device: Nippy 4

We have given you a non-invasive ventilation (NIV) device to help aid and support your breathing. This factsheet explains how to use and care for your NIV device safely at home. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

Your Nippy 4 NIV device

Filter and circuit attaches here



Lift the handle to access buttons to release the side panels



Setting up your NIV device

The machine should be placed on a side table or similar. It should **not** be used when on the floor.

Your NIV device comes with different pieces of equipment that fit together to form a circuit. Please see the flow diagram below for how to correctly set up the circuit.

Machine → Filter → Tubing → NIV mask

Please note that if we have told you to put additional oxygen through your ventilator, the entrainer should sit between the filter and the first tube.

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Using your NIV device

How to turn it on	How to turn it off
<ol style="list-style-type: none">1. Press the power button (this puts the device in standby mode).2. To start the airflow, press and hold the power button until the loading bar fills (the machine will beep once flow starts).	<ol style="list-style-type: none">1. Press and hold the power button until the loading bar fills.2. Confirm you want to stop the airflow by pressing 'set'.

Alarms

The alarm on your device may sound for a few reasons. A message will appear on the screen of your device telling you the type of alarm. To temporarily silence the alarm, press the 'alarm mute' button.

Please see the table below for more information about the types of alarm and how you can fix the problem yourself at home.

Type of alarm	What does it mean?	How do I fix the problem?
Disconnection	There is a leak or disconnection in the circuit.	<ul style="list-style-type: none">• Check the mask fit. Can you feel air leaking around the sides, top or bottom of the mask? If you can, adjust the straps or try re-fitting the mask.• Check the tubing. Is there a leak or break in the tubing? If there is, swap the tubing.• Check the filter. Is there a crack in the filter? If there is, swap the filter.
High flow or low pressure	There is a high leak in the circuit.	
Low flow or high pressure	There is a blockage in the circuit.	<ul style="list-style-type: none">• Check the tube is not blocked or bent.• Check the filters are clean and dry.• Check the mask is clean and the valves are working.• If you have a humidifier, check that water hasn't collected in the tube.

If you want to see your device's alarm history (known as an 'alarm log'), you can find this by pressing the 'menu' button on your device and scrolling to the option 'events/alarm log' and then pressing 'set' to view the log.

Cleaning and looking after your NIV device

It is important that you keep your NIV device clean and dry to prevent germs from breeding and to maintain good working order.

Mask

- Clean your mask each morning with soap and water or a non-chemical, non-fragranced wipe.
- Remove the straps from the mask and hand wash these in warm water as needed.
- Adjust your mask straps using the Velcro to create a seal (ideally the straps should be adjusted equally at the top and bottom).
- **Do not** over-tighten your straps (you should be able to fit two fingers between the strap and your skin).
- **Do not** use the Velcro as a way to put on or take off your mask (this wears out the Velcro faster and can lead to your mask fitting and sealing poorly on your face).

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- Monitor the areas of your skin that are in contact with the mask or straps for signs of redness or soreness. If you experience any redness or soreness, contact us for advice.
- Make sure that the exhalation port (holes that allow the waste gases out of the circuit) is not blocked.
- For more information about your specific mask, see the user guide.

Tubing

- Remove the tubing from the circuit and wash weekly in warm soapy water (please remove the external filter before washing). Make sure to rinse out the tubing and then hang it somewhere safe so that it can dry fully before you put it back into the circuit.
- Check your tubing and rubber connectors regularly for any cuts or breaks. If there are any signs of damage, you must replace the tubing.

Internal filter

- Check and clean your device's internal filter(s) each month.
- Wash the **black** filter with water and dry it thoroughly with a clean cloth before putting it back in the device.
- Replace the **white** filter when it turns grey.
- For more information about the specific filters used in your device, see the user guide.

External filter

- Place the external filter directly on the air outlet of the ventilator.
- Change the external filter when the white filter turns grey (usually every four to six weeks if using for six to eight hours overnight; however, this can be sooner, depending on your home environment and the length of time you use your device).

Ventilator

- If you experience any issues with your ventilator or think it is not working correctly, contact us for advice.
- Please note that NIV devices are repaired and serviced by the engineering department here at University Hospital Southampton NHS Foundation Trust (UHS). However, it is the home ventilation team who organise this so please contact us if you have any issues.
- If you need your device looked at, please assist us where possible by coming to the hospital to swap your device. If you are unable to come to the hospital yourself, please find someone to come on your behalf to do this.

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Your Nippy 4 humidifier (if applicable)



Setting up and using your humidifier

How to set it up

1. Place the ventilator on a stable and level surface (it needs to be on a surface lower than your head to prevent the mask and air tubing from filling up with water).
2. Carefully fill the chamber up to the fill line with distilled water or cooled, boiled water.
3. Close the humidifier and insert it into the side of the device (it will click into place).

Tips for using the humidifier

- Avoid using any room fans facing directly over the tubing or ventilator.
- Ensure that you remove the water chamber each day, emptying out any remaining water and refilling it with fresh, clean water (distilled or cooled, boiled water).
- After you have turned the humidifier off, leave it to cool for ten minutes before cleaning and refilling it (make sure that the humidifier is not too hot to touch before handling it).

If you struggle with excessive condensation in the mask or tubing, stop using the humidifier and contact us for advice using the details at the end of this factsheet.

How to adjust the humidity level

To adjust the humidity level:

1. Go to the 'MENU' option on your device.
2. Choose the option 'Humidification settings'.
3. Select the level you want (a higher number equals a higher temperature).

Cleaning and looking after your humidifier

It is important that you keep your humidifier clean and dry to prevent germs from breeding and to maintain good working order.

To clean the device, you should:

1. Wash the humidifier and air tubing in warm water using mild detergent.
2. Rinse the humidifier and air tubing thoroughly and allow to air dry (not in direct sunlight or near heat sources).
3. Wipe the exterior of the device with a dry cloth.

Please note that the humidifier may be washed in a dishwasher on the delicate or glassware cycle (top shelf only). However, it should **not** be washed at temperatures higher than 65°C.

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Travelling with your device

Make sure that the humidifier is empty of water before transporting it to avoid water damage to your Nippy 4.

Contact us

If you have any further questions or concerns, please contact us.

Home ventilation team

Telephone: **023 8120 4416** (Monday to Friday, 8am to 4pm)

Useful links

Please click on the 'User Manual' for:

- Nippy 4 here: www.breas.com/en/products/bi-level/nippy-4
- Nippy 4+ here: www.breas.com/en/products/life-support/nippy-4plus

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**