

## WHAT IS OBSTRUCTIVE SLEEP APNOEA (OSA)?

Obstructive Sleep Apnoea involves partial or complete blockage of the upper airway during sleep. A child with OSA often has snoring, breathing pauses or difficulty breathing, restless sleep and daytime tiredness. These symptoms can have a significant impact on a child's health, wellbeing and daytime function.

## HOW IS OSA TREATED?

Most children with OSA are successfully treated by surgery to remove the tonsils and adenoids. For some children, Continuous Positive Airway pressure or CPAP is needed to help open up the airway when asleep. CPAP is a very safe treatment for OSA and involves a CPAP machine which gently blows air into the child's airway through a mask worn over the nose at night. The treatment starts working straight away.

It's important to remain positive and encouraging right from the start. **With the right support, most children do well with CPAP.**

## WHAT DOES CPAP INVOLVE?

The equipment has 3 basic parts which can be used safely at home:

1. CPAP machine with in-built humidifier.
2. Mask that covers the nose or sometimes the nose and mouth, and head straps to stabilise it.
3. Tube to carry room air from the CPAP machine to the mask.

The CPAP machine blows room air through the tubing into the mask and into the child's airway to help keep it open. The flow of air can dry out the inside of the nose. The use of humidification helps to reduce this by passing the air through a chamber filled with water which is heated.

There are many different types and sizes of masks. The mask your child wears will be chosen to provide the best fit and comfort.

## STARTING TREATMENT

Once you and your sleep physician have decided CPAP is the best treatment option for your child, you will be contacted by our staff at the Melbourne Children's Sleep Centre to arrange an education session for your child and any family members who will need training regarding the CPAP equipment.

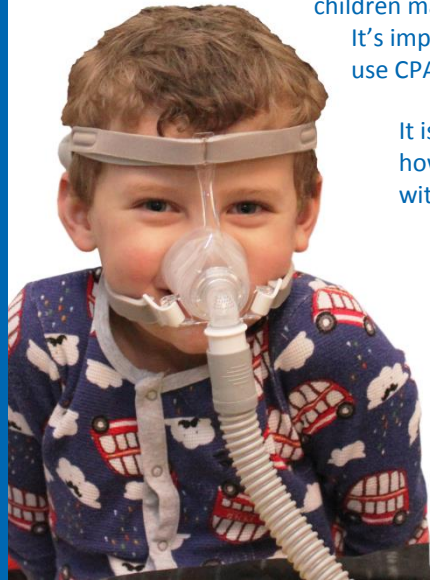
During this 1.5 to 2 hour session, conducted in the sleep centre, your child may try on several masks to find the most suitable for them. You will also be shown how to use and care for the CPAP equipment, including the CPAP machine and washing of the mask and tubing.

You and your child will be sent home with all the CPAP equipment needed to start treatment for a trial period.

When your child first starts CPAP you will be called often by our staff to help support you during this acclimatisation period.

## HOW LONG WILL IT TAKE TO GET USED TO THE TREATMENT?

This depends on the child. Some children get used to wearing a mask at night within a few days, whilst other children may take several weeks. It's important to consistently use CPAP right from the start.



It is important to discuss how your child is going with our staff.

Almost all problems with the CPAP can be solved with a little help and persistence.

## WILL MY CHILD EVER BE ABLE TO STOP USING THE CPAP TREATMENT?

CPAP does not cure OSA. It simply controls it while you use the machine. The decision for your child to continue or stop using the CPAP is very individual. Discuss this with your doctor.

## HOW LONG DOES THE CPAP NEED TO BE USED FOR?

**CPAP should be used every night for as long as possible (all night if possible) for the best benefit.**

Remember it may take some time before your child can manage this. If your child does not use the CPAP they will get the symptoms of OSA again.

## CPAP FOLLOW UP

After your education session, you will be closely followed up by our staff with phone calls and face to face sessions as needed to help you with your child's treatment.

Soon after your child is established on CPAP treatment a sleep study will be arranged so that the correct CPAP pressure can be determined for your child.

Your child will be reviewed by their sleep doctor every 3-6 months. At each of these appointments it is important to bring in the CPAP machine and mask so we can check that it is still working properly and fitting your child correctly.

A sleep study is usually conducted every 6-12 months to make sure that the pressure is still correct for your child.

You will also be contacted regularly by our staff to discuss how your child is going with treatment.

If you have any concerns or issues about your child's CPAP equipment it's important to contact our staff to discuss.



# Starting your child on Continuous Positive Airway Pressure CPAP

An introduction for parents & children



## ARE THERE ANY COSTS INVOLVED?

A security bond is required during the education session prior to a trial of treatment at home. All of the CPAP equipment will be lent to you free of charge for the first 3 months, so that we can determine if CPAP is right for your child.

Options regarding purchase of the CPAP machine, masks and tubing will be discussed at the CPAP initial education session.

## RESOURCES:

Melbourne Children's Sleep Centre

[www.monashchildrenshospital.org/sleep-melbourne-childrens-sleep-centre](http://www.monashchildrenshospital.org/sleep-melbourne-childrens-sleep-centre)

Sleep Health Foundation

[www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

## CONTACT DETAILS:

Please contact us if your child has any trouble wearing the mask, or any issues with their CPAP equipment, or you have any concerns:

[Melbourne Children's Sleep Centre CPAP Staff:](#)

Business Hours: (03) 8572 3587

After Hours: Mon-Fri (03) 8572 4381

Clinic appointments (03) 8572 3592

Weekends & Public Holidays contact the Paediatric Respiratory Doctor on call via the Switchboard on (03) 9594 6666

