



Royal Papworth Hospital
NHS Foundation Trust

Discharge information for patients using NIPPY*

A patient's guide

Non-invasive positive pressure ventilation (NIPPY) is a treatment to help with your breathing.

NIPPY works by blowing air into the lungs until a pre-set airway pressure is reached. This will assist your breathing at night. The NIPPY ventilator can be used for a variety of respiratory conditions and muscle disorders.

The settings on your NIPPY have been set for your particular respiratory condition; please ensure these are not altered.

Risks & benefits of treatment

Benefits

The NIPPY is aimed at giving you a better quality night's sleep which should result in you feeling more refreshed during the day. There are also health benefits such as a decreased risk of you requiring unplanned or emergency admissions to hospital. You may also feel headache free if this was a problem previously.

Risks

The NIPPY may cause symptoms such as blocked, runny nose or you may experience throat or nose dryness. A humidifier can be added to your machine to assist with this. If this occurs you should mention this to the nurse or doctor looking after

you when you are in hospital or when you are at home contact the RSSC/Ward 3 North.

It is important that your mask is fitted correctly; if the straps are pulled too tightly you may experience soreness around the surrounding skin particularly around the bridge of the nose.

If the skin on the bridge of your nose becomes broken you need to contact the RSSC/Ward 3 North as it may be necessary to have a different type of mask fitted.

Discharge advice and follow-up arrangements

Before you leave hospital make sure you know how to turn your NIPPY on and off and how to dismantle your mask and hose, (oxygen connector and humidification if included).

Caring for your machine and mask

The headgear can be washed in soapy water, rinsed and left to dry, we suggest once every two weeks or more frequently if necessary.

The NIPPY unit should be disconnected from the mains electricity and a damp cloth used to clean the outside. Internal cleaning is the responsibility of the RSSC/Ward 3 North.

Using your machine

NIPPY is designed to be worn at night while you sleep, some patients may benefit from 'top-up' during the day.

If you are having problems with the treatment, please contact the helpline as we can often help to improve the comfort of the mask and the machine.

If you require additional oxygen with your NIPPY, the oxygen supply must be switched off when the NIPPY is not in use as this is a fire risk.

Follow-up

After your discharge you will receive an appointment to return to the RSSC/Ward 3 North so the benefit of your NIPPY can be assessed, further reviews will be dependent on your medical condition.

It is important that you attend these appointments so your machine can be checked, serviced and any accessories that need changing are replaced.

It is important to bring along your machine and all accessories with you at each follow up.

When to contact the ward

- If you do not feel the machine is working effectively or you have symptoms such as morning headaches.
- If you are becoming more dependent on your NIPPY and are using it for more than 12 hours a day, please contact the ward as you may need an early review or a second machine with an internal battery.

Holidays

If you go away you should take your machine with you. If you are going overseas you will need a custom letter to explain the reason for your treatment, we can provide this for you. It is important to take the NIPPY as hand luggage on a plane.

The hospital is unable to replace your NIPPY if you take it out of the country, so please ensure that your travel insurance takes this into account, and your machine and accessories are all in good condition before travelling.

Admission to other hospitals

If you are admitted to another hospital it is important that you take the NIPPY with you. If the staff are not familiar with the machine they should contact the RSSC/Ward 3 North for more

information. It is still important to wear the machine every night when you are in hospital.

Mask replacements

Your mask should last 6-12 months. We would be able to provide you with up to two masks per year. If you use your NIPPY machine for more than 12 hours a day we will provide you with an additional machine and mask, and in some instances provide a machine with an internal battery.

Driving

Everyone is legally obliged to avoid driving when sleepy, regardless of whether this is due to an underlying medical condition. Please ask the RSSC doctor during your admission whether your condition requires you to inform the DVLA.

DVLA contact details

Drivers Medical Enquiries
DVLA, Swansea, SA99 1TU

Tel: 0300 7906806

08:00 - 17.30, Mon to Fri

08:00 - 13:00, Saturday

Email: eftd@dvla.gsi.gov.uk

www.dvla.gov.uk

Trouble shooting

If you experience a power cut or your machine is broken the majority of patients will be safe to spend one or two nights sleeping without the machine (unless you are NIV dependant).

The NIPPY machine is set to alarm if it detects any faults i.e. mask leaking due to poor fitting; the NIPPY will display a warning message during the alarm. It is important to read this message and follow the instructions, which for example may be to tighten the mask. If you need to contact the ward they will ask about this message so they can assist you with your problem.

If your machine has a red flashing spanner do not worry this will not affect the way the machine operates, but will require a service at your next appointment. If your machine displays machine fault please contact the ward as this normally means your machine needs to be changed. If you have any concerns please contact the ward early so we can try and resolve the issue.

Frequently asked questions

What do I do if my NIPPY alarms?

Check that your mask is fitted securely and everything is connected.

If the machine continues to alarm, make a note of what appears on the screen and call the RSSC/Ward 3 North on 01223 638526 and one of the nurses will be able to assist you. Try to have your NIPPY near to you as we may need to ask you several questions about the machine.

What do I do if I have a power cut?

You will be safe for one night without your NIPPY machine.

If you are NIPPY dependant we will supply you with a machine with an internal battery which lasts approximately four hours when fully charged.

You can inform your electricity supplier that you have a ventilator that you use overnight and you will be placed on a priority list for re-connecting your electricity supply.

If you live in an area where there are frequent power cuts, please discuss this with us and we may be able to provide you

with a machine that has an internal battery.

What do I do if my machine stops working?

Ensure the power lead is securely inserted at the back of the machine.

Try another power socket – if it still does not work call the RSSC/Ward 3 North on 01223 638365.

How many hours per night should I wear my NIPPY?

You should try to use your NIPPY every night while you are asleep (ideally 7-8 hours per night).

How do I connect my oxygen to the NIPPY machine?

You will be supplied with a green oxygen connector and small length of green oxygen tubing on discharge home. The connector should be attached directly to your NIPPY machine, then attach your hose to the green connector. If you need a replacement of the connector or green tubing please call the replacements department on 01223 638890.

My NIPPY is showing a spanner, should I be concerned?

No, you do not need to be concerned. On your next admission or appointment we will arrange for the machine to be serviced.

Useful contact numbers

NIPPY 24hr helpline

01223 638365

Mask/hose replacements

01223 638890 (Mon to Fri, 09:00 - 16:00) Answerphone available

**Royal Papworth Hospital will be unable to accept responsibility for the safety and efficacy of your NIPPY equipment, if your machine isn't brought in for regular servicing at these appointments.*

The NIPPY remains the property of Royal Papworth Hospital and if not used must be returned. Tel 01223 638890 for details of returning equipment.

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