

# Patient Guide For Non-Invasive Ventilation



The Respiratory Therapy department belongs to a critical care multi-disciplinary team that treats patients with respiratory disorders. Respiratory Therapists specialise in airway management and are trained in cardiopulmonary resuscitation and the administration of oxygen. Using ventilators and therapeutic gas administration apparatuses, they assist patients with cardiopulmonary disorders to breathe better.

## **What is NIV?**

Non-Invasive Ventilation (NIV) is a treatment that helps you to breathe. It involves wearing a face/nasal mask around your face and is generally worn at night. The mask is connected to a special machine to assist in your breathing.



## **What are the benefits of NIV?**

- Improves sleep quality, energy and better concentration during the day
- Relieves breathlessness to help you function better during the day
- Relieves headaches (if this was a problem before)
- Reduces likelihood of re-admission into the hospital

## **Are there side effects to NIV?**

Any problems associated with NIV are often mild and can be easily resolved.

# Common problems

## Mask seal problems

A small leak from the mask is common and will not affect the performance of your NIV device. However, if a large leak or a leak into the eyes occurs, it should be resolved. Tighten the straps on your headgear to prevent it from happening. There are many types of masks around and it may take a number of attempts before you find the most comfortable and effective mask.

## Soreness of the nasal bridge

This indicates that your mask is either too tight at the top or a poor fit. You will need to refit or replace your mask to prevent the soreness from worsening.

## Throat dryness

A dry mouth is very common when you use the NIV, especially if the mask covers your mouth. To relieve dryness in your mouth, place a glass of water near your bed and take regular sips from it. In severe cases you may need a humidifying device.

# Using the device

A respiratory therapist will teach you how to use and maintain your ventilator device.





## **Frequently Asked Questions**

### **Can I survive a night without my machine?**

Yes, most patients can spend one or two nights away from the machine, but they will not be very comfortable. They may also start to feel tired again.

### **My machine is uncomfortable or gives me a breath at the wrong time. Is this normal?**

If your machine does not feel right, please contact the device's vendor for assistance, or call our hospital's main line to speak to a Respiratory Therapist (for medical advice).

### **Do I need to bring my NIV machine if I am admitted to the hospital?**

Yes, please bring your NIV machine with you. The one in the hospital may not fit you as well.



## **Do I need oxygen to operate the machine from home?**

Your NIV machine is designed to function without an oxygen source. Oxygen is only required if your doctor advises it.

## **Are there alternatives to NIV treatment?**

There are no similar non-invasive alternatives to NIV treatment.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

[www.juronghealth.com.sg](http://www.juronghealth.com.sg)

### Clinical and appointment line hours (closed on Sundays and public holidays)

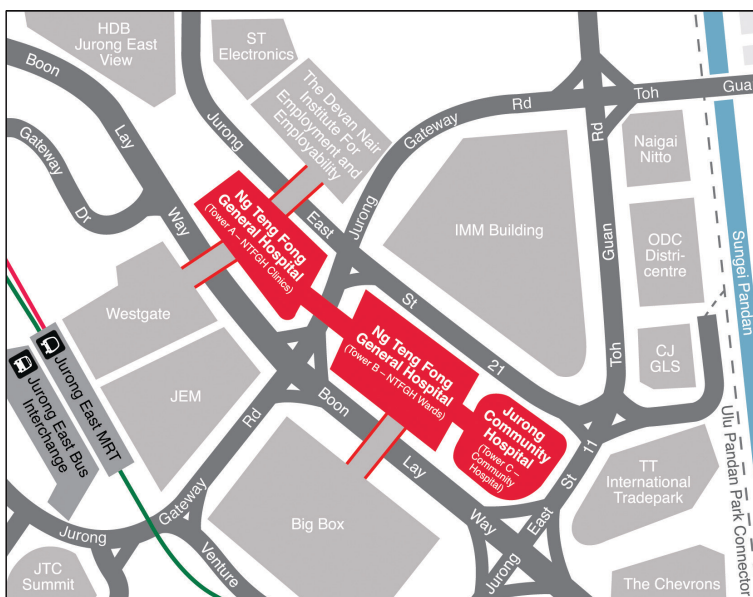
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

## Getting there



### By train

Jurong East MRT Station

### By bus

#### From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M, 160, 183, 197, 333, 334, 335, 506

#### Along Boon Lay Way

SBS 99, Private bus service 625

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.