

# Therapy Partnership Program DVA Clients

Introduction &  
Ongoing Support

Making a success of  
your therapy

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PH: For home service call 1300 36 02 02

W: For a complete list of our locations, manuals and referral forms visit [www.airliquidehealthcare.com.au/dva](http://www.airliquidehealthcare.com.au/dva)

# Obstructive Sleep Apnea

## Many things can affect the quality of your sleep

Stress, caffeine or rich food can prevent you from getting a good night's sleep. But unknown to most, Obstructive Sleep Apnea (OSA) can have negative effects on your sleep and health.

### What are the signs and symptoms?

- Excessive snoring
- Daytime sleepiness
- Gasping during sleep
- Morning headaches
- Not feeling refreshed

## What is OSA?

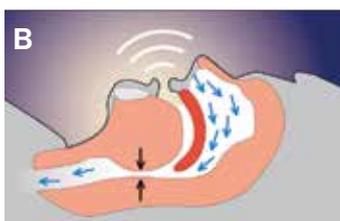
Obstructive Sleep Apnea (OSA) is a breathing problem that occurs when we sleep. The upper airway keeps blocking, partially or totally, because the tongue and upper muscles in the throat relax, causing an obstruction in breathing (apnea) lasting over 10 seconds. This obstruction or pause in breathing occurs repeatedly throughout the night. The pauses are followed by gasping, snoring and/or restlessness.

## Why is sleep so important to health?

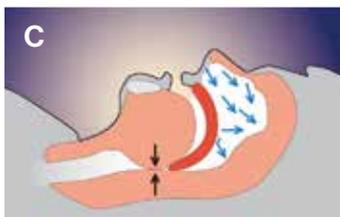
Good sleep is vital for healthy living. In fact, it is as important as good nutrition and physical fitness. If you are not sleeping properly, you'll be tired and unable to enjoy life to the fullest. Your work and relationships may suffer and you could even develop serious health problems.



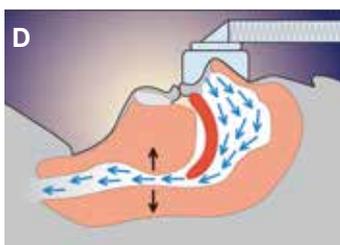
During normal sleep **(A)**



The muscles that control your tongue and soft palate hold the airway open. If these muscles relax, your airway will become narrower **(B)**



The soft or floppy part of the throat vibrates; the noise of snoring results. If your throat is already narrow, or the muscles relax too much, your airway can become completely blocked **(C)**



The most common treatment for OSA is PAP (Positive Airway Pressure) therapy. PAP provides light air pressure to hold your airway open and, as a result, allows for uninterrupted sleep throughout the night. Normally the air is delivered through a small mask worn over your nose during sleep **[D]**

## Your Pathway to Good Health

-  Doctor refers you for a sleep study
-  Sleep study attended
-  Independent Sleep Physicians reviews sleep study then diagnosis
-  Treatment commences
-  Ongoing treatment and coaching

# Therapy Partnership Program | Introduction

## First Consultation

### DAY 1

Your experienced Sleep Consultant will review your treatment recommendation and provide education and support for optimal therapy results.

- ✓ Education on Obstructive Sleep Apnea (OSA) and PAP therapy
- ✓ Issuing PAP equipment, including mask and device
- ✓ Ensure correct set up and mask fitting to suit each individual's specific needs



### Therapy support call from our dedicated Care Team – DAY 2

- ✓ PAP device and mask assistance
- ✓ Treatment & education information emailed
- ✓ Utilization of remote monitoring to check your therapy data
- ✓ Therapy Coaching

### Days Following

#### Based on data collected

- ✓ PAP device and mask assistance as required
- ✓ Treatment & education information emailed as required
- ✓ Troubleshooting assistance

Day 1

2

Days Following

# Therapy Partnership Program | Ongoing

### DAY 1

- ✓ Return of Air Liquide PAP device and supply of DVA purchased device
- ✓ Programming of device and education of personalised comfort settings
- ✓ Education on PAP device

### Days Following – Based on data collected

- ✓ PAP device and mask assistance
- ✓ Treatment & education information emailed
- ✓ Utilization of remote monitoring to check your therapy data (not available on rental)
- ✓ Troubleshooting assistance
- ✓ Ongoing follow up

Day 1

Days Following

# Useful tips

## Mask Fitting Guide

A well fitted mask is the key to successful therapy



### Full face

- The full face seals off the mouth and the nose
- Allows mouth and nose breathers a quality seal
- Ideal for those who:
  - require high pressures
  - cannot breathe through nose



### Nasal

- The nasal mask is ideal if you breathe through your nose
- Has the largest variety of sizes
- Ideal for those who:
  - require high pressures
  - prefer a smaller mask
  - active sleepers



### Nasal pillow

- The nasal pillow is the smallest and most lightweight
- The minimal design provides a seal around each nostril
- Ideal for those who
  - require low pressures
  - read or watch tv with/without glasses

Let us help find the best mask for you

## PAP Cleaning Schedule

Mask	Tubing	Humidifier	Machine	Filter
<p><b>Daily</b></p> <ul style="list-style-type: none"> <li>• Wipe cushion with <b>PAP mask wipes</b> (warm soapy water can also be used)</li> <li>• Air dry during day (avoid direct sunlight)</li> </ul>	<p><b>Weekly</b></p> <ul style="list-style-type: none"> <li>• Hand wash with <b>mask &amp; soap wash</b> (warm soapy water can also be used)</li> <li>• Air dry during day (avoid direct sunlight)</li> </ul>	<p><b>Daily</b></p> <ul style="list-style-type: none"> <li>• Remove humidifier</li> <li>• Empty remaining water</li> <li>• Rinse with warm water</li> <li>• Air dry during day (avoid direct sunlight)</li> </ul>	<p><b>Weekly</b></p> <ul style="list-style-type: none"> <li>• Wipe with <b>PAP mask wipes</b></li> </ul> <p><b>6 months</b></p> <ul style="list-style-type: none"> <li>• Replace tubing</li> </ul>	<p><b>Weekly</b></p> <ul style="list-style-type: none"> <li>• Check for dust build up</li> <li>• Ensure filter is not rotated when returned to machine (can suck debris into motor)</li> </ul>
<p><b>Weekly</b></p> <ul style="list-style-type: none"> <li>• Handwash all parts with <b>mask &amp; hose soap</b></li> <li>• Air dry during day (avoid direct sunlight)</li> </ul> <p><b>6 Months</b></p> <ul style="list-style-type: none"> <li>• Replace mask</li> </ul>	<p><b>Monthly</b></p> <ul style="list-style-type: none"> <li>• Check for holes and damage</li> <li>• Replace tubing 6-12 months</li> </ul>	<p><b>Weekly</b></p> <ul style="list-style-type: none"> <li>• Dismantle humidifier</li> <li>• Soak 30 mins in 1 part vinegar and 5 parts warm water</li> <li>• Rinse thoroughly before next use</li> </ul>	<p><b>1-2 years</b></p> <ul style="list-style-type: none"> <li>• Service machine</li> </ul>	<p><b>1-6 months</b></p> <ul style="list-style-type: none"> <li>• Replace filters</li> </ul>



PAP Mask wipes



Mask & hose soap



Tubing brush



ResMed S10/S9 filters



Philip DreamStation filter



F&P SleepStyle filters

Proper upkeep of your PAP machine can help ensure the device functions properly. "It is vitally important to keep everything as clean as possible, as hoses/tubing and masks can be a prime breeding ground for bacteria and mold," said Phoebe Ochman, director of Communications for Sleep Apnea Treatment Centers of America.

<https://www.philips.com.au/c-e/hs/better-sleep-breathing-blog/better-sleep/keeping-it-clean-cpap.htm>

# Philips Mask Selector 3D

Philips Respironics Mask Selector 3D is a premium technology that can help you find the right PAP mask fit at initial setup.

Our 3D facial scanning tool helps your providers fit a mask, personalised to you.



- The technology uses a 3D camera, in roughly 20 seconds it takes 150 pictures, gathering **100,000 key data points** of facial geometry from each picture, for a total of 15 million data points.
- The software then identifies the 46,200 points most critical to determine **your most accurate, precise PAP mask recommendation.**
- When set up with Mask Selector 3D, users had a **lower average mask leak** and reported being more confident they will **continue using their recommended mask.**
- This innovative service is available in **our clinics.**

**Choose between our home service or visit one of our 120 Sleep Clinics across Australia.**



Australia's largest facilitator of sleep diagnostics, treatment and patient management services for patients with sleep apnea.

Visit [sleepsolutionsaustralia.com/therapy-locations/](https://sleepsolutionsaustralia.com/therapy-locations/) to see a list of our locations

## Check us out online!

**Connect with us for helpful tips to improve your therapy!**

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