

The Lane Fox Respiratory Unit

Nippy[®] 3+ ventilator and HC150 humidifier

Patient start-up user guide

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This guide is for the set-up and daily use of your Nippy[®] 3+ and HC150 humidifier. For full details, please refer to the manufacturer's instruction manuals inside your ventilator bag.

What is bi-level ventilation?

Bi-level ventilation is used to mechanically assist breathing. It is called bi-level because it delivers two levels of air pressure into the lungs; a higher pressure during the 'breathing in' phase, and a lower pressure during the 'breathing out' phase. The air is delivered through a tube or 'patient circuit' which is connected to a close fitting mask.

What's included in your bag?

In your bag you will find:

- your Nippy[®] 3+ device
- HC150 humidifier
- mains cable
- air tubing
- mask
- inlet filters
- manufacturer's instruction manuals.

Nippy[®] 3+ and HC150 humidifier setup

First, find a safe area by the side of your bed to place the Nippy[®] 3+ unit. The Nippy[®] 3+ should be at the same height or lower than your body position when you are lying in bed. This reduces the risk of the unit falling or being pulled onto you. Position the humidifier at least 6" or 15cm below the level of the ventilator and plug into the mains.

1. Fill your humidifier chamber up daily with distilled or cooled boiled water.

- Make sure your humidifier is switched off from the mains power.
- Hold down the chamber guard and slide the humidification chamber out.
- Empty out any excess water from the chamber and rinse thoroughly.
- Fill the chamber with water through either hole on the chamber to the 'maximum fill' line.
- Press and hold down the chamber guard on the humidifier base.
- Carefully replace the chamber back onto the humidifier base.



2. Connect the plug of the power supply unit to the rear of your Nippy[®] 3+ and secure the metal cable retainer as shown.




3. Plug the 3-pin plug into a mains power outlet; do not use an extension lead
4. Connect the short piece of tubing from the ventilator to either outlet of the humidifier chamber,
5. Connect the long piece of tubing from the other outlet of the humidifier chamber to the mask,
6. Connect your mask to the other end of the air tubing
Turn on the mains power at the wall for both the Nippy[®] and humidifier.
7. Put the mask onto your face using the headgear supplied as previously instructed. It's very important that the mask is air tight against your face to allow the Nippy[®] to deliver your prescribed pressure. Please refer to your mask user instructions for further information.

**The mask shown is for illustration purposes only.
Your own mask may differ from this.**




Starting treatment

Turn the humidifier on using the grey button on the right hand side of the front of the humidifier base unit.

Once you are comfortable press the  button once for two seconds on the Nippy[®] 3+ to start treatment. Air will be delivered within a few seconds.

Stopping treatment

To stop your treatment at anytime press the  button on the Nippy[®] 3+, twice for two seconds each time.

To turn the humidifier off, press the grey button on the right hand side of the front of the humidifier base unit.

Controlling the humidifier

A humidifier is a device that is sometimes used in addition to bi-level ventilation to add extra humidity to the air that is being delivered. It uses a heater plate to warm water contained in a small chamber

The level of humidity is adjustable and is entirely dependant on how comfortable you feel. Use the dial on the front of the humidifier to adjust the level of humidity.



If there is **excessive** moisture in the mask or tubing, the temperature of the humidifier needs to be **reduced**.

Alternatively, if you still experience oral or nasal **dryness** and there is no condensation in the tubing, the humidity level needs to be **increased**. These settings should normally only need to be adjusted between 1 and 3.

Looking after your equipment

Daily

- Wipe the inside of the mask with a damp cloth or non-alcoholic wipe.
- Remove the humidifier dome, empty the water, rinse and refill to 1cm below the 'max' line.

Twice a month

- Disconnect tubing, mask and humidifier chamber from the device and submerge in warm water with sterilising fluid for 30 minutes. Then rinse thoroughly with cold water and hang to dry.
- To prevent limescale build-up, remove the humidifier chamber and add one part white vinegar to two parts hot water and leave to soak for two hours. Rinse well before use.

Monthly

- Replace inlet filter with new filter.
- Wipe down Nippy[®] 3+ and humidifier with a damp cloth or clinical wipe

Contact us

If you experience any problems or have any difficulties with your equipment please call the Lane Fox Unit technical services on 020 7188 3440 (Monday to Friday 8am-5pm)

If your query is related to the mask, clinical issue, or an urgent technical issue outside of office hours, please call the Lane Fox Ward on 020 7188 3434/5. This number is available 24 hours a day.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

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