

**FOOTHILL COLLEGE EMS PROGRAMS  
CPAP - O2 MAX SYSTEM  
SKILLS LABS**

**PERFORMANCE OBJECTIVE**

The rescuer will demonstrate ability to assess and care for a patient in respiratory distress utilizing the CPAP device. Taking more than 15 minutes is a “FAIL” for this skill.

**CONDITIONS**

The Patient is 46 years old, in respiratory distress. The Simulated Patient will appropriately answer all questions pertaining to their signs and symptoms. For this skill, the oxygen regulator is already attached and the oxygen tank is secured within reach.

**EQUIPMENT**

PPE EMS Jump Bag/Stethoscope Oxygen Tank/Regulator with DISS Port CPAP Equipment Box

**STANDARDS**

The standards are incorporated into the checklist to be used by the scorer. *The rescuer will verbalize while performing skill*

<b>SKILLS PRACTICE SHEETS</b>
<b>Scene Safety &amp; PPE</b>
<b>Rescuer States</b> - “I would perform PENMAN” and reports patient’s General Impression. <ul style="list-style-type: none"> <li>● “When nebulizing medications I will also wear a N-95 mask.”</li> </ul>
<b>Patient Contact</b>
<b>Rescuer States:</b> “Hello, my name is _____, I’m an EMT. I am going to help you.” <ul style="list-style-type: none"> <li>● “If possible I would put my patient in high Fowler’s”</li> <li>● “I would obtain a set of Vital Signs and SpO<sub>2</sub>, and I would assess lung sounds.”</li> </ul>
<b>Rescuer States Indications For CPAP:</b>
1. The patient is at least 8 years old.
2. History of CHF with pulmonary edema and one or more of the following, <ul style="list-style-type: none"> <li>○ pedal edema</li> <li>○ orthopnea</li> <li>○ anxiety</li> <li>○ diaphoresis,</li> <li>○ Sudden onset of SOB</li> </ul>
3. The patient has signs and symptoms of <ul style="list-style-type: none"> <li>○ Severe asthma attack</li> <li>○ Pneumonia, or COPD exacerbation</li> <li>○ Near Drowning</li> <li>○ Severe Respiratory distress</li> <li>○ Severe Pulmonary Edema unrelated to CHF</li> <li>○ If the patient is unresponsive, and a DNR or POLST specifying Comfort Care is in force, CPAP is indicated.”</li> </ul>
<b>Rescuer States the Absolute Contraindications - (Do Not Use) States:</b>
1. The CPAP contraindications are: Less than 8 years old
2. Severe ALOC, (Altered Level of Consciousness)
3. Respiratory or cardiac arrest
4. Nausea and vomiting, unable to maintain patent airway, or increased risk of aspiration
5. Systolic BP below 90 mmHg.
6. Major trauma (especially head injury or significant chest trauma), pneumothorax
<b>Rescuer States the Relative Contraindications: (Use Cautiously) States: Additional contraindications include,</b>

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<ul style="list-style-type: none"> <li>● History of pulmonary fibrosis</li> <li>● Decreased LOC</li> <li>● Inability to tolerate a mask after the first few minutes and COPD patients which have recently experienced an exacerbation of their condition.” (“brittle” COPD)</li> </ul>
<b>Rescuer Explains CPAP Treatment and Reassures the Patient.</b>
<b>RESCUER ASSEMBLES CPAP EQUIPMENT</b>
1. Verifies that the regulator has a <b>DISS</b> port ( <b>Diameter Index Safety System</b> )
2. <b>Selects Appropriate Mask - States:</b> “I would select the mask size that will cover the mouth and nose of the patient, which assures a complete seal.”
3. Connects Fixed Flow Generator, corrugated oxygen tubing, O2 CPAP valve, mask with head strap and nebulizer adaptor
4. Connects the Fixed Flow Generator to the DISS port on the oxygen regulator. With oxygen flowing, expands/stretches out the corrugated tubing.
5. Holding the CPAP valve by the bottom, sets the Flow Rate to 7.5 cm H <sub>2</sub> O
6. <b>Places Mask on Patient and hold it firmly in place.</b> (Preferably with Patient assistance) <b>Asks:</b> “How does that feel? Please breathe normally.”
7. <b>Applies Straps, Checks for Leaks. Adjusts Flow Rate as Necessary.</b>
<b>Rescuer States:</b> “I would reassess for positive indications when taking Vital Signs every 5 minutes”
<ul style="list-style-type: none"> <li>● SpO<sub>2</sub>- 92% or greater</li> <li>● I would reassess lung sounds</li> <li>● Decreased respiratory rate to normal range</li> <li>● Decreased heart rate to normal range</li> <li>● Decreased blood pressure to normal range”</li> </ul>
<b>Rescuer States:</b> “I would use my stethoscope to listen for lung sounds on anterior and posterior thoracic regions”
<b>Rescuer States:</b> “I would document the use of CPAP and the patient’s response on the PCR.”
<b>Rescuer States:</b> “If the Patient does not improve, ventilation with a BVM or have the paramedic perform an endotracheal intubation if necessary.”
<b>NOTE:</b> If not already done, insert the Nebulizer Adaptor into the CPAP circuit. [If not built into CPAP setup]
<b>Rescuer States:</b> “I would assure the receiving hospital is notified the Patient is on CPAP.”

**The following are evaluated during the testing process:**

**Critical Criteria:**

- \_\_\_ Failure to verbalize appropriate PENMAN precautions
- \_\_\_ Failure to identify 4 indications
- \_\_\_ Failure to identify 4 potential complications
- \_\_\_ Failure to assemble equipment appropriately
- \_\_\_ Failure to frequently reassess the patient after application of the CPAP device
- \_\_\_ Failure to ensure that the patient understands the procedure
- \_\_\_ Failure to manage patient as a competent EMT
- \_\_\_ Fails to apply CPAP in 15 minutes