

Using nebuliser compressors

Nebuliser information for patients



Respiratory Services

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at feedback@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

كوردی سۆرائی
نهگهر تۆ یان کهسێک که تۆ دهیناسی پێویستی بهیارماتی ههیهتی یۆ نهوهی لهم بهلگهنامه به تێبگات یان بیهۆتێنتهوه، تکایه بهیوهندیمان پێوه بکه لهسههر نهو ژمارهیهی سههرهوهدا یان بهو نیمهیهله.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

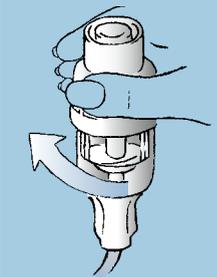
فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

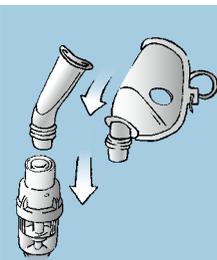
Using nebuliser compressors



Compressor



Nebuliser pot



Facemask / mouthpiece

Nebuliser compressor systems are used to give a large dose of drug in a simple effective way, directly to the lungs. This device can relieve symptoms of asthma, chronic obstructive pulmonary disease (COPD), cystic fibrosis, bronchiectasis or other pulmonary diseases or conditions. Nebulisers should only be used if recommended by a Doctor

The nebuliser/compressor system you have been loaned is designed to deliver a fine aerosol mist from a liquid medication, which has been prescribed by your doctor or respiratory health care professional to treat your respiratory condition. The system consists of three main parts: Compressor; nebuliser pot; and the mask or mouthpiece.

The compressor is a small portable air pump, which supplies the power for your nebuliser, and may work, depending upon the type you have been loaned, via a battery and/or mains supply.

The nebuliser pot is a small chamber into which the liquid medication is put and through which air is blown to make the mist for you to inhale.

The facemask or mouthpiece allows you to breathe the mist in easily. Masks are recommended for small children and the elderly and mouthpieces for adults. If you are using Ipratropium (contained in Atrovent or Combivent) or steroids, e.g. Becotide, a mouthpiece should be used to avoid problems with your eyes, e.g. dryness, and/or aggravating glaucoma, or cataracts. Please discuss this with a respiratory healthcare professional if you are unsure about the benefits of the type you are using.

Administration of medication

1. Place the compressor on a firm surface before switching on.
2. If your nebuliser compressor works from mains electricity connect the lead to the mains socket and ensure that the unit is switched on.
3. Connect the medication pot (nebuliser) to the compressor with the tubing supplied.
4. To fill the nebuliser, unscrew the pot's 2 half's and take your prescribed medication and twist off the top of the plastic vial and pour the medication in bottom half of the pot and replace the top half securely.
5. Connect the mask or mouthpiece to the top of the pot.
6. When the drug is ready, make sure that you are sitting upright if possible; switch on the compressor and breathe normally through your mouth. Do not over breathe or under breathe, but use regular relaxed breathing where possible, with the occasional deep breath.

Please make sure that you fill the nebuliser chamber with your drug solution according to the specified prescribed drug and dosage. You may or may not be instructed to add saline (Sodium Chloride, 0.9% w/v NaCl) to the pot, to help with airway clearance.

With permission, you may also be able to mix your drugs together. **Do not add water** as this will make your airways very twitchy (bronchoconstriction).

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Please follow the instructions for drug administration carefully and if you have any queries or concerns ask a specialist respiratory healthcare professional, i.e. you're GP, Pharmacist, Respiratory Nurse, Physiotherapist or Respiratory Physiologist.

The time of nebulisation will depend upon how fast the compressor blows, the volume in the pot and the type of pot used, but on average for a side stream pot containing 2.5ml it will take approximately 10 minutes using a standard compressor.

User Tip. When the nebuliser pot begins to "hiss" tap the side of the chamber pot to ensure maximal drug nebulisation and that the remaining droplets are expelled, although there will probably still be some residual liquid remaining.

After finishing your nebulised drug, make sure that you rinse your mouth out, and wipe your face to remove any residual droplets.

Please follow your Doctor's instructions regarding the number of times you use the nebuliser/compressor and refer to the information provided with your drugs used for information regarding any side effects from the drugs you have been prescribed. Please store your nebuliser medications in a cool dark place and check expiry dates.

Cleaning

It is recommended that you also rinse the nebuliser pot and the mouthpiece or mask in warm water with a little detergent (soap), rinse thoroughly and dry well ideally after each use but once daily as a minimum.

On a weekly basis, the nebuliser pot and mask/ mouthpiece may be sterilized in Milton solution or equivalent following the manufacturer's instructions. If you are given a long lasting "durable" nebuliser pot it is recommended by the manufacturers' that it is boiled for 10 minutes or placed in a dishwasher on high temperature on a weekly basis, which will ensure the mechanism in the pot works efficiently and gives consistent drug delivery for 12 months.

After cleaning, wipe the pot and mask/mouthpiece with a dry clean cloth (e.g. clean kitchen roll) and attach the tube from the compressor to the chamber pot and run the nebuliser empty for a few moments. This will eliminate any residual moisture, which may be left after wiping dry. A moist environment will encourage growth of bacteria, which can cause chest infections so it is important that the moisture is eliminated. Once a week disconnect the electricity and wipe the surface of the compressor unit and tubing with a clean slightly damp cloth, e.g. disinfectant wipes.

Never immerse the unit in water. Please note it is in your interest to keep your nebuliser and compressor clean and dirt free to prevent infections and malfunction of your equipment.

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Supplies

Durable nebuliser pots should last for approximately 12 months, but non-durable nebuliser pots should be replaced more often, but this will depend upon how often the pot is used. Replacements can be obtained from: BreathingSpace, Medical Physics Dept.

Each compressor has a filter which filters the air entering your compressor, please do not run your compressor without the filter in place as it may damage the compressor's motor. Filters become discoloured after heavy use, particularly if the compressors are used in a dusty environment. Do not be too alarmed if the filter is very dirty as it will still pass air properly, but the nebulisation time may be slightly extended. The filter will be inspected and changed if deemed necessary at your routine service booking.

Storage

The compressor should be stored (when not in use) in a dust and smoke free environment, with its case closed (if appropriate). Ideally a dust cover could be fitted to protect the unit. DO NOT cover the unit when in use/ power supply on. DO NOT stand drinks or pots on the compressor, as fluids entering the compressor will damage it.

Nebuliser therapy away from home

Most Nebulisers and compressor units will work throughout the UK if you have a mains supply connection. If you are going abroad you should check that the mains supply for the country is compatible with your equipment and whether you need an adapter. You may need a letter from your Doctor explaining what the equipment is used for. Portable units (limited supply) are available on request for holiday travel from the Medical Physics department.

Servicing

The compressor should be serviced on a regular basis, which the timing of this will ultimately depend upon the amount of time that it is used and over what length of time. Manufacturer's recommend that the compressor is serviced yearly. Most compressors are guaranteed for a three-year period and rarely fail.

Things that may go wrong with your compressor

If you find that the compressor becomes overly noisy, rattles or you suspect that there is a problem with the motor of the compressor, please contact the department (contact details are given at the end of this booklet). More often the "problem" is related to failure of the nebuliser pot or mask/mouthpiece, which may just need replacing.

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Always telephone to arrange for servicing before you bring the compressor in, so that a member of staff can accommodate your visit to the department. At servicing, the department will check motor output, the flow rate and pressure, filters and electrical safety check if needed, so time has to be negotiated for this prior to your visit. In the case of an emergency still ring the departments so that another compressor can be made readily available on your arrival.

Please ensure that the compressor is cleaned **before you** bring it in for servicing **as the servicing department are instructed to return dirty equipment to prevent cross contamination.**

Please note that the compressor has been loaned to you for as long as you need it. However, if you no longer require the compressor please return it to either BreathingSpace or the Medical Physics Department. If you have any problems, need a service, or your compressor breaks down please contact either BreathingSpace or the Medical Physics Department using the contact information overleaf.

References

1. BTS (1997). Best Practice on Nebuliser Use. Thorax, 52 (2).
2. ARTP (2003). Practical Handbook of Respiratory Function Testing: Part One. Star Print and Design: Staffordshire.
3. ERS (2001). European Respiratory Society Guidelines on the use of Nebulisers. European Respiratory Journal, 18.
4. Medix AC3000 Operating Instructions 11/99.
5. Nebuliser Therapy 'Your Questions Answered' leaflet by Dodd and Eveleigh, sponsored by Medic-Aid 03/00.
6. You and Your Nebuliser Leaflet, Boehringer Ingelheim.
7. Respiratory Function Nebuliser Therapy Respiratory Department Protocol.
8. BME Bulletin (6.4.01 and Nov. 2001).
9. Multi- Disciplined Respiratory Team, The Rotherham NHS Foundation Trust.
10. Medic Aid Ltd - booklet "Nebuliser therapy – your questions answered".

Using nebuliser compressors

How to contact us BreathingSpace

Monday to Sunday

8.30am to 4.30pm*

(BreathingSpace Reception)

*24 hour service for urgent issues

Telephone 01709 421700

Medical Physics Department

Monday to Friday

8.30am to 4.30pm

(Medical Physics Reception)

Telephone 01709 424572

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS Direct

Telephone 0845 4647

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

Patient Services

Telephone 01709 424461

AandE

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.direct.gov.uk

www.therotherhamft.nhs.uk

www.blf.org.uk

We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

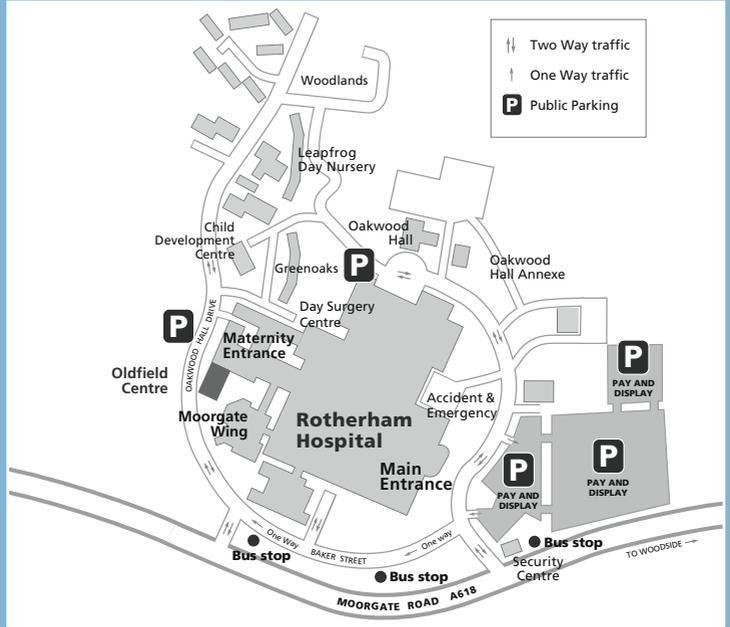
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Telephone 01709 424461

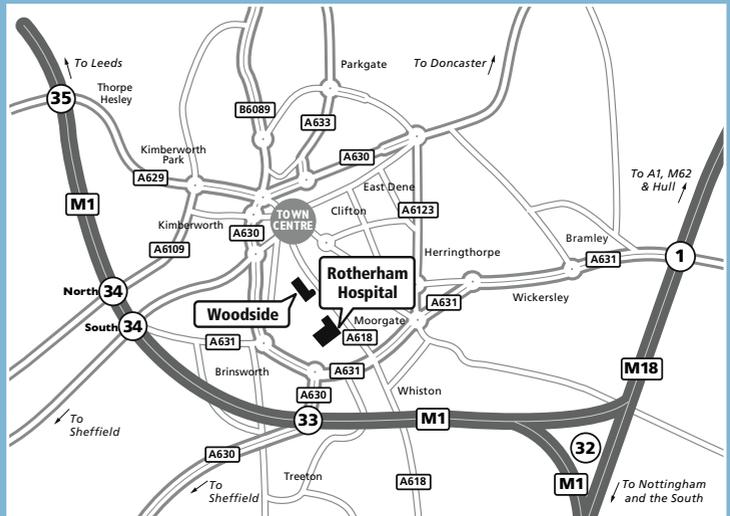
Email complaints@rothgen.nhs.uk

How to find us

Hospital site plan

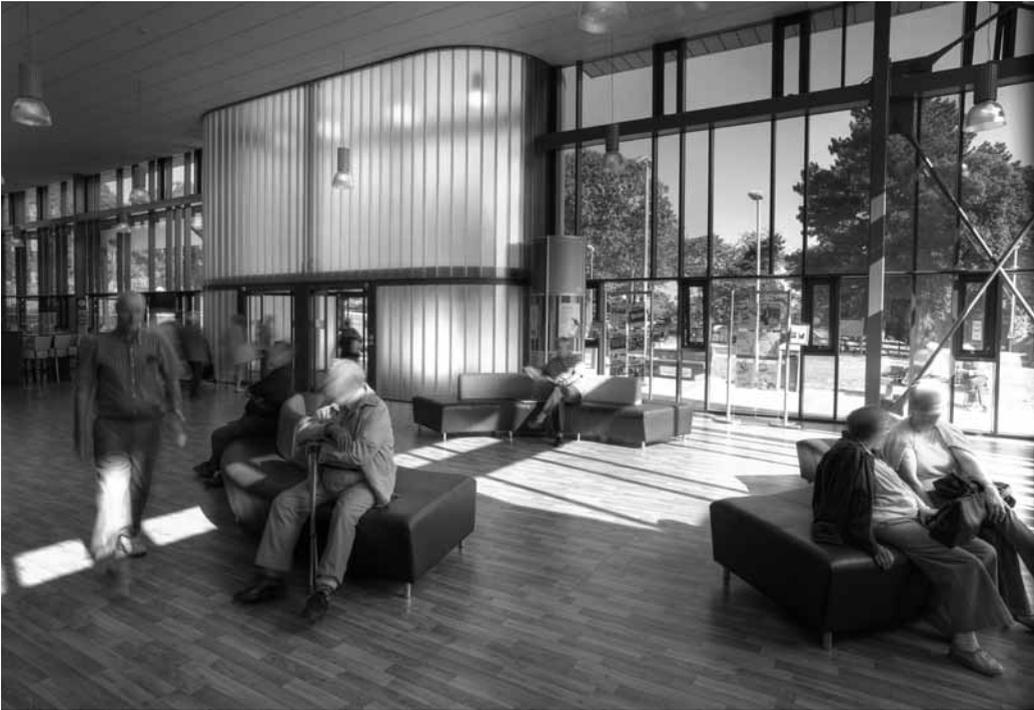


Rotherham main routes





LS 698 09/12 V4 WFO



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