**Continuous Positive Airway Pressure (CPAP)**

**ALS PROCEDURE AP-04**

**INDICATION**
- Patients age ≥ 8 years of age in moderate to severe respiratory distress or respiratory failure.

**CONTRAINDICATION**
- Respiratory or cardiac arrest.
- Tracheostomy.
- Agonal respirations.
- Signs and symptoms of pneumothorax.
- Inability to maintain airway patency.
- Vomiting.
- Systolic blood pressure < 80 mmHg.

**PROCEDURE**
- Place patient in seated position.
- Monitor SP0₂ and ETCO₂ throughout procedure.
- Set up CPAP system (per manufacturer’s recommendation) with pressure set at 7.5 cm H₂O.
- Explain procedure to patient.
- Place the delivery mask over the mouth and nose. Oxygen should be flowing through the device at this point.
- Secure the mask with provided straps starting with the lower straps until minimal air leak occurs.
- Encourage patient to breathe normally. Patients may have a tendency to hyperventilate.
- Re-evaluate the patient every 5 minutes. Normally, the patient will improve in the first 5 minutes with CPAP, as evidenced by:
  - Decreased heart rate, respiratory rate, and blood pressure.
  - Increased SP0₂.
- **Airway/Respiratory Management BP-01**, should be considered if the patient fails to show improvement.

**KEY CONCEPTS**
- Be aware of possible complications associated with this procedure that include, hypotension, pneumothorax, corneal drying, and gastric distention.