

CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP)

INDICATIONS: Severe respiratory distress or hypoxia in the setting of any of the following conditions:

- ✓ **COPD**
- ✓ **Pulmonary edema**
- ✓ **Asthma**
- ✓ **Pneumonia**

CONTRAINDICATIONS:

- ✓ Respiratory arrest or agonal breathing
- ✓ Unconsciousness
- ✓ Hypovolemic shock
- ✓ Acute MI with hypotension
- ✓ Vomiting
- ✓ Chest trauma
- ✓ Suspected pneumothorax
- ✓ Facial trauma with significant deformities

RISKS:

- ✓ Gastric distension (potential for vomiting and aspiration)
- ✓ Hypotension
- ✓ Pneumothorax
- ✓ Corneal drying

PROCEDURE:

1. Apply CPAP mask and ensure snug fit without air leak.
2. Apply an adjustable PEEP valve at 5 cm H₂O. If patient's condition does not improve in 15 minutes, may increase to 7.5 cm H₂O .
3. Discontinue CPAP and consider BVM ventilation or intubation if:
 - ✓ Mental status declines significantly
 - ✓ Significant drop in blood pressure (to a systolic BP <90 mmHg)
 - ✓ Worsening hypoxia or severe respiratory fatigue