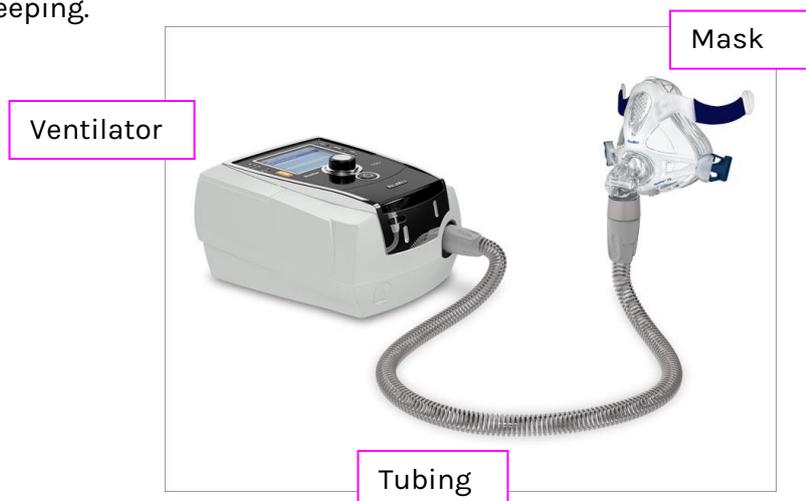


Quick Start Guide - Using A Ventilator

What is non-invasive ventilation (NIV) therapy?

NIV is a way of supporting your breathing. It may not completely control your breathing, but helps you take deeper and more regular breaths. People who 'under breathe' or 'hypoventilate' use NIV. Usually this happens when they fall asleep (or sometimes while awake) because the breathing muscles are weak, there is a problem with their rib cage or the lungs themselves. Any of these problems can cause chronic respiratory failure because of hypoventilation.

NIV uses a small machine, called a ventilator, that delivers air to you via a mask that fits over the mouth and nose (or the nose only). The ventilator can be easily set up by your bedside at home for use when sleeping.



What is the Victorian Respiratory Support Service (VRSS)?

The VRSS is a state-wide specialist program providing a range of services to adults with chronic respiratory failure who require treatment with a ventilator at home. The VRSS is based at Austin Health, Heidelberg Campus and provides inpatient care, metropolitan and regional outpatient clinics, and outreach support to people living in the community with a ventilator.

Who to contact for support

Business Hours Outreach Nurse Support Contact (8am - 4.30pm Mon-Fri)

First call office	9496 3665
Anne Duncan	0409 387 448
Simon Conti	0428997 927
Cameron Charles	0427 871 917
Yingli Su & Russell Gilmour	0408 813 493

After Hours Medical Contact (after 4.30pm and Sat - Sun)

Ask for VRSS Registrar 9496 5000

If urgent, go to the closest hospital or call ambulance '000'

After Hours Ventilator Breakdown (after 4.30pm and Sat - Sun)

Ask for Ward 5 West Nurse In Charge 9469 5000

How to set up the Resmed Stellar ventilator and humidifier

Power Cord	Ventilator (Resmed Stellar)	Humidifier (H4i model)	Long Tubing	Mask
				
Plug into rear AC socket on ventilator	Always plug into electricity to keep battery charged	Fill chamber with water Attach to front end of ventilator	Connect one end to humidifier outlet Connect other end to mask	Fit mask to clients face, see further instructions



How to power on the ventilator and start therapy

1. POWER MACHINE ON/OFF

- Power machine on/off by pressing the power switch at rear of machine (near the power cord).

2. FIT MASK TO CLIENTS FACE

- Ensure good fit to minimise air leaks

3. THERAPY START/STOP

- Press  round button to start therapy.
- To stop therapy, Press  round button again and remove the mask.

Power on/off button



Start/stop button

Helpful resources

- Find our **EDUCATION CHANNEL** on the internet for how-to-videos on topics such as ventilator use at home, mask fitting and maintenance of ventilator equipment. Search VRSS Outreach on www.youtube.com or scan QR Code with your Smart Phone



- For in depth information regarding the **Stellar 150 ventilator**, please visit www.resmed.com

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