

About Me

Hi! My name is:

I have:

When I have a respiratory infection or pneumonia, my weak cough makes it difficult to keep mucus from building up in my lungs. I use a Cough Assist Device to help bring up the mucus.

The settings for my Cough Assist are:

Inspiratory Pressure: cm H₂O

Expiratory Pressure: cm H₂O

Inspiratory time: sec; Expiratory time: sec; Pause: sec;

If my oxygen saturations are less than 94% then I need more frequent Cough Assist and possibly BIPAP (IPAP 12-20 cm H₂O; EPAP 3-6 cm H₂O) or nasal mask non-invasive ventilation (assist controlled volume ventilation).

Using just oxygen to treat low oxygen saturations can mask and cause CO₂ retention and respiratory acidosis! As a general rule, oxygen without BIPAP should be avoided!

BIPAP and nasal mask non-invasive ventilation can reverse hypoxemia and respiratory acidosis AND prevent the need for intubation.

My Muscular Dystrophy Neurologist is:

Contact #:

Pulmonologist is:

Contact #:

Cardiologist is:

Contact #:

Respiratory Therapist is:

Contact #: