MONITORING AIRWAY PRESSURES
during Nasal High Flow Therapy
BASIC SETUP
for Nasal High Flow Therapy
• The prong to nare ratio should be approx. 50-60% occlusion, allowing for breathing to occur around the prongs.

• Flow rate must be high enough to:
  1. Meet infant inspiratory demand in order to decrease WOB
  2. Effectively wash out the NP space to reduce dead space
  3. Create an expiratory back pressure that will sustain a dynamic positive pressure effect
• By measuring NP pressures, clinicians can **account for the variables inherent during NHF**

• **Ensure adequate respiratory support** during therapy by safely administering appropriately high flows

• Potentially **reduce the need for more invasive therapeutic modalities** to meet inspiratory demands

• **Be alerted to therapy disconnects**

• And **document administered pressures**.

**Why Measure Nasal Pharyngeal Pressures during NHF?**

**Using the NAPA LP-15, we can measure mean airway pressures during NHF.**
HOW Can Nasal Pharyngeal Pressures be measured during NHF?

• The NP-Cath is a very thin catheter (2.5 Fr) that is inserted a couple of centimeters into the patient's nasal passageway.

• When the NAPA-LP15 is connected to the patient via the NP-Cath, nasal-pharyngeal pressures generated during NHF can be measured and monitored safely.
**CASE STUDY:**

- For this patient, the flow is currently set at 3L/Minute.
- Mean upper airway pressures range from negative to positive due to fluctuations during inspiratory and expiratory efforts.
- The $O_2$ Sat is down.
- Negative pressure dips indicate that the flow is insufficient to meet respiratory demands.

*How much should we increase the flow to ensure positive pressure support?*
CASE STUDY:

- The flow rate is increased from 3 to 7 L/Minute.
- As a result, the patient’s mean airway pressure increases to a dynamic positive pressure, presently shown reading at 4 cm/H₂O.
- The patient’s O₂ Sat is back to normal.
EVERY PATIENT IS UNIQUE.

- Flow rate
- Prong to nares ratio
- Mouth opening
- Cannula placement
- Size of infant
- And respiratory rate

All these variables create a challenging environment for clinicians trying to determine delivered pressure during NHF.
The NAPA LP-15 MEASURES the mean airway pressure during NHF Therapy…

So YOU can MANAGE it.

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For more information about NHF variables, appropriate flow ranges, and measuring pressure during NHF Therapy, please see these additional resources.


