



# CPAP PATIENT EDUCATION PROGRESS REPORT

Patient Name \_\_\_\_\_

The following report reflects the progress you are making using your cpap therapy device. It is important to consult your Physician or healthcare professional if you have questions regarding your report. Also remember to re-insert your USB or SD card chip back into device. Certain Devices that use a USB MUST be re-inserted with the arrow facing up.

**Definitions:**

**AHI** - Apnea Hyponea Index is a numerical score that counts the frequency of apnea and hyponea events. Apnea is defined as cessation of breathing for at least 10 seconds as a result of complete airway obstruction. Hyponea is a disordered breathing condition as a result of partial occlusion of airway which causes distressed breathing. A normal value is 0.0. In terms of the CPAP therapy a value less than 5.0 is the goal.

**YOUR REPORT VALUE** \_\_\_\_\_ **VALUE WITHOUT CPAP** \_\_\_\_\_

**Average Time used-** (ALL DAYS) The sum of the compiled time of each day divided by the number of days from the start date to the finish date. The goal is 70% utilization with a minimum of 4 hours. Example- Patient sleeps 24 nights out of 30 with a minimum of 4 hours per night is 70% compliant. The best result is 100% with a nightly use greater than 4 hours.

**YOUR REPORT VALUE** \_\_\_\_\_

**90th Percentile Pressure** - The sum of the 90th percentile pressure on each day divided by the total number of day the device was used. The report value is only applicable to devices that have an AUTO feature.

**YOUR 90th Percentile Pressure** \_\_\_\_\_

**Percent of Time with Excessive Leak** - The sum of excessive percentage leak on each day divided by the total number of days the device was used. Ideally this value should be low in the 1-3%.

**YOUR Percent Time in Excessive Leak** \_\_\_\_\_

**90th Percentile System leak** - The sum of the 90th percentile system leak on each day divided by the total number of days the device was used. This report helps monitor the effectiveness of your mask as it pertains to leaks. High system leaks tend to be related to poor mask seals. Ideally, the value is consistent, however the leak value will differ depending on whether you have a nasal pillows, nasal mask or full face mask. The amount of leak is least with nasal pillows and most with full face masks. Your goal is to have consistent even amounts of leak every night.

**Your 90th Percentile system leak is** \_\_\_\_\_

**Opportunities for Improvement:**

- Need to improve Average time used
- Percent time in excessive leak is high
- May need new mask
- Pressure may need to be adjusted
- Please call to discuss

**COMMENTS:**