

## Patient information

### **Non-Invasive Ventilation Trial Clinic**

Ambulatory Non-Invasive Ventilation (NIV) Team – Aintree Hospital

You have been referred by your Ventilation Consultant to be assessed for Non-Invasive Ventilation.

#### **What is Non-Invasive Ventilation (NIV)?**

NIV is a treatment which may help with your breathing overnight, using a machine and a mask. The aim of this ventilation is to make sure that you get a good deep breath, when your own breathing is not deep enough.

NIV is usually given through a mask over your nose. When you breathe in, the machine delivers a supported breath to make sure you get enough air and oxygen.

#### **What is NIV used for?**

**There are many different reasons why NIV therapy may be needed, including:**

- Bone problems that make the chest small.
- Muscle problems that make taking a deep breath hard.
- Being very overweight.
- Lung conditions that cause shallow breathing.

It can also be used alongside other treatments to prevent breathlessness and shallow breathing when you are lying down. Without treatment this may lead to a strain on your heart, or daytime sleepiness. If you are unsure about the reason why you have been given the machine, please ask the practitioner at your appointment.

#### **What will happen at your appointment?**

At your appointment you will have an assessment which may include a chest X-ray and a blood sample taken from your wrist.

If NIV is required, you will spend approximately two hours in clinic. During this time, you will have a full explanation about the machine and how to use it. A mask will also be chosen and fitted.

## **What happens after my appointment if I do need NIV?**

Once home your ventilator sends information on your use to the Ambulatory NIV team, we will check your progress with the machine and support you over the coming weeks by telephone. We may change your settings remotely or post out different masks if needed after speaking with you.

To watch a video of one of our Respiratory Consultants describing non-invasive ventilation please search for 'patient information ventilation Aintree hospital' in your internet search engine or following this link:

**<https://www.aintreehospital.nhs.uk/our-services/a-z-of-services/sleep-and-ventilation/ventilation-service/patient-information-ventilation/>**

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**If you would like to speak about your appointment with a practitioner, please call the below number. Please note this number is not always manned. Please leave your name and number on the answer machine if your call is not answered and we will return your call.**

**Ambulatory NIV Team  
Tel: 0151 529 5768**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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