

# Monterey County EMS System Policy



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## CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP)

### I. PURPOSE

To define the indications and contraindications, and to authorize the use of Continuous Positive Airway Pressure (CPAP) treatment by field personnel in Monterey County.

### II. POLICY

A. CPAP should be used for patients age 8 and older who demonstrate signs and symptoms of severe respiratory distress with the conditions listed in this policy, and none of the contraindications.

B. Patient ventilation should be provided by BVM or through an advanced airway when CPAP is contraindicated or needs to be discontinued as outlined in this policy.

Paramedic Service Provider personnel shall have documented training in the use of the CPAP device(s) currently in use in Monterey County. This training shall include the practical application of the device and documented understanding of this policy. Training shall be provided prior to deployment of CPAP and at least annually.

### III. INDICATIONS

Patients age 8 or older in severe respiratory distress with:

- A. Acute pulmonary edema.
- B. COPD
- C. Asthma
- D. Near drowning
- E. Pneumonia

### Absolute CONTRAINDICATIONS (DO NOT USE)

- A. Age <8
- B. Respiratory or Cardiac Arrest
- C. Agonal Respirations
- D. Severely depressed level of consciousness
- E. Systolic blood pressure < 110mmHg
- F. Signs and symptoms of pneumothorax
- G. Major facial, head, neck, or chest trauma

- H. Inability to maintain airway patency
- I. Facial anomalies or trauma (e.g., burns, fractures)


**RELATIVE Contraindications (USE WITH CAUTION)**

- A. History of Pulmonary Fibrosis
- B. Claustrophobia or unable to tolerate mask (after coaching attempt and a two-minute trial)

**IV. PROCEDURE**

- A. Follow manufacturer's directions for set up and placement of the CPAP device. Ensure an adequate oxygen supply.
- B. Start CPAP at the 7.5 c.m. Provider may increase up to 10 c.m based on patient's presentation. Base hospital contact shall be obtained to adjust the setting > 10 c.m.
- C. Monitor and document vital signs (BP, heart rate, respiratory rate, SPO2, cardiac rhythm, and ETCO2) and patient response to treatment every 5 minutes.

**END OF POLICY**

  
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