



**easy read**

**NHS**

York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

## **Wearing CPAP or NIV**



Information for patients, relatives and carers

If you have a learning disability and need support please contact the Learning Disability Liaison Nurses:



Jo Blades

☎ 07795 126 473



Karen Pearce

☎ 07917 184 539



The doctor or nurse would like to help your breathing



They have found that your oxygen levels are low



Breathing in extra oxygen through a tube in your nose or a mask is not working



You will need to wear a tight mask connected to a machine and oxygen



This tight mask will blow air and oxygen into you it will not hurt



The mask is connected to wavy tubing



The oxygen comes from a meter on the wall behind the bed



The mask goes on your face with a strap around the back of your head and over your forehead



The nurse will tell you when you need to wear the mask



This is 1 of the machines we use



This is another of the machines we use



You don't need to breathe differently



You can breathe normally



Don't get up and walk unless you ask the nurse



Wearing the tight mask wont hurt but can feel a bit strange and noisy



The nurse will help you take off and put on the tight mask



Please do not take off the mask



## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Karen Pearce or Jo Blades from the Learning Disability Liaison Team, telephone 07917 184 539 or 07795 126 473 or email [karen.pearce@york.nhs.uk](mailto:karen.pearce@york.nhs.uk) or [jo.blades@york.nhs.uk](mailto:jo.blades@york.nhs.uk).

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資不同的或式提供，電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

## Patient Advice and Liaison Service (PALS)

PALS offer impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

Owner	Hazel Kavanagh & Jo Blades Learning Disability Liaison Team
Date first issued	06/12/2021
Review Date	December 2024
Version	01 (issued December 2021)
Approved by	Respiratory Specialist Nurse & cross site consultation.
Document Reference	PI1561

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