

**PHILIPS**  
RESPIRONICS

*VitaBreath*



## Introducing patients to **VitaBreath**

For many patients with COPD who struggle to manage their dyspnea, non-invasive ventilation and bi-level pressure therapy may seem strange and uncomfortable. This guide may help in introducing VitaBreath to those patients, giving them a better chance of success.

VitaBreath was developed for COPD patients who are limiting their daily activities because of dyspnea and are motivated to be active. If they are not as active as they want to be, even after you have increased their medications, VitaBreath may be the solution for them.

VitaBreath is intended to be a single patient use device. However, with an external patient filter it can be used to evaluate multiple patients.

The following steps should help to introduce VitaBreath to your patient and increase the chance that they can be successful with the device.

The introduction and training process may take up to twenty minutes.

#### **Introduce VitaBreath, explain what it does, and how it works**

VitaBreath is a handheld, portable device to help COPD patients recover from activity-related dyspnea quickly and reliably. VitaBreath delivers two pressures – a higher pressure during inhalation and a lower pressure during exhalation. VitaBreath monitors the patient's breathing cycle and adjusts the pressure when appropriate. A clinical investigation<sup>1</sup> has shown that this pressure profile helps patients recover.

When the patient tries VitaBreath, they should exhale into the device first. This allows VitaBreath to sense the breathing cycle and provide the appropriate pressure.

Consider showing your patient the patient introduction video available on the VitaBreath website at <http://www.philips.co.uk/vitabreath/videos>.

#### **Try VitaBreath against a hand**

Turn VitaBreath on. Ask the patient to hold their hand against the mouthpiece and release it repeatedly to feel and hear the change in pressure during inhalation and exhalation. The patient may feel intimidated by the higher inhalation pressure. While it may feel unusual at first, when they are short of breath, it will help them to recover.

#### **Let the patient get breathless**

It is best for the patient to try VitaBreath when they are short of breath. The patient should perform some exercise until they are no longer willing to continue due to breathlessness.

#### **Try VitaBreath for at least 30 seconds**

Ask the patient to try VitaBreath for at least 30 seconds to get used to the pressure and feel the results. Remind the patient before trying the device that they should first exhale into VitaBreath.

Observe the patient while they are breathing on VitaBreath. Ensure they are only breathing through their mouth and are maintaining a seal around the mouthpiece.

If the patient feels any pain or discomfort, they should stop using the device immediately by removing it from their mouth.

After 30 seconds, the patient may want to take a break before trying again. VitaBreath is designed to turn off if not used for 30 seconds. The patient can hold the mouthpiece against their hand and release it to keep the device active.

#### **Turn VitaBreath off after recovery**

Once the patient has fully recovered, they can remove VitaBreath from their mouth and turn the device off. During normal use, the average patient is able to recover in approximately two minutes from a BORG level of seven.<sup>1</sup>

VitaBreath will operate for up to ten minutes before automatically shutting off, but the patient can turn it off as soon as they feel they have recovered.

<sup>1</sup> Evaluation of a portable positive pressure device to relieve dyspnea during exercise in COPD patients (edoc KW 09/14/15 MCI 4106932)  
Accessed at: <http://www.philips.co.uk/c-dam/b2bhc/master/consumer/vitabreath/vitabreath-whitepaper-a4-final.pdf> on 07 March 2017

