

CPAP AND PEEP – SKILL LAB

Student Name: _____ Date: _____

Instructor Evaluator (signature): _____

Student Evaluator (signature): _____

SCORING

N/A	Not applicable for this patient
0	Unsuccessful; required critical or excessive prompting; inconsistent; not yet competent
1	Successful; competent; no prompting necessary

Actual Time Started: _____ **SCORE**

Prepares patient		SCORE
Takes or verbalizes appropriate PPE precautions		
Assures adequate blood pressure		
Positions patient in a position that will optimize ease of ventilation (high Fowler's)		
Assesses patient to identify indications for CPAP:		
Congestive heart failure		
Pulmonary edema		
Asthma		
Pneumonia		
COPD		
Assesses patient to identify contraindications for CPAP:		
Unconscious, unresponsive, inability to protect airway or inability to speak		
Inability to sit up		
Respiratory arrest or agonal respirations		
Nausea/vomiting		
Hypotension (systolic blood pressure < 90mmHg)		
Suspected pneumothorax		
Cardiogenic shock		
Penetrating chest trauma		
Facial anomalies/trauma/burns		
Closed head injury		
Active upper GI bleeding or history of recent gastric surgery		
Selects, checks, assembles equipment		
Assembles mask and tubing according to manufacturer instructions		
Coaches patient how to breathe through mask		
Connects CPAP unit to suitable O ₂ supply and attaches breathing circuit to device (not using oxygen regulator or flow meter)		
Turns on power/oxygen		
Sets device parameters:		
Turns the rate (frequency) dial to 8-12 per minute (based on local protocols)		
Turns the oxygen concentration dial to the lowest setting (28-29% oxygen)		
Titrates oxygen concentration to achieve an SpO ₂ > 92%		

Sets tidal volume to 10-12 mL/kg (based on local protocols)	
Sets pressure relief valve at ± 4 cm/H ₂ O (based on local protocols)	
Occludes tubing to test for peak pressure required to activate pressure relief valve and adjusts as necessary	
Performs procedure	
Places mask over mouth and nose (leaves EtCO ₂ nasal cannula in place)	
Titrate CPAP pressure (based on local protocols/device dependent):	
Max 5 cm H ₂ O for bronchospasm	
Max 10 cm H ₂ O for CHF, pulmonary edema, and pneumonia	
Max 5 cm H ₂ O for pediatric patients	
Coaches patient to breathe normally and adjust to air pressure	
Frequently reassesses patient for desired effects:	
Decreased ventilator distress	
SpO ₂ > 92%	
Decreased adventitious lungs sounds	
Absence of complications (barotraumas and pneumothorax)	
Records settings/readings and documents appropriately	
Affective	
Accepts evaluation and criticism professionally	
Shows willingness to learn	
Interacts with simulated patient and other personnel in professional manner	

Actual Time Ended: _____

TOTAL:

/42

Critical Criteria

- ___ Failure to take or verbalize appropriate PPE precautions
- ___ Failure to identify 2 indications
- ___ Failure to identify 2 potential complications
- ___ Failure to frequently reassess the patient after application of the CPAP device
- ___ Failure to ensure that the patient understands the procedure
- ___ Failure to set the proper parameters for the device (pressure relief, tidal volume, oxygen concentration, rate, etc.)
- ___ Failure to test the pressure relief valve **prior to** application
- ___ Exhibits unacceptable affect with patient or other personnel
- ___ Failure to receive a total score of 32 or greater