Now called
Post-Polio Health

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Breathing Problems of Polio Survivors

People with neuromuscular disease such as post-polio often need help with breathing, not because there is something wrong with the lungs, but because the respiratory muscles may be weakened or paralyzed and the chest wall is stiff and inelastic. If scoliosis is present, the work of breathing may be even harder. Other conditions such as chronic obstructive pulmonary disease (COPD) and sleep apnea (obstructive, central, or mixed) may also be occurring. And, overlaying all of these factors, is the simple fact of aging.

How did acute poliomyelitis affect breathing? What is bulbar polio? What is spinal polio?

The poliovirus affected, in many different patterns, the nerve cells in the lower brain (bulbar) and spinal cord that control the muscles of the body. Poliovirus does not damage the lung tissue or the nerves to the airway muscle.

When the bulbar nerves were destroyed (bulbar polio), *the muscles of the throat were weakened*. This resulted in choking during eating and a diminished ability to cough.

When the spinal nerves were affected (spinal polio), *muscles of the arms and legs, and trunk muscles needed for breathing* and for taking a deep breath for coughing *were weakened*. Polio survivors may have had some combination of bulbar and spinal polio, so there may be corresponding throat muscle and limb/respiratory muscle weakness. Involvement of the upper part of the spinal cord *weakened the key breathing muscles* – the diaphragm and chest musculature.

How does respiratory muscle weakness affect breathing?

The diaphragm is the key muscle for inspiration (breathing in). When it is weakened by polio, the work of breathing becomes harder, especially when a person is lying down. With each breath, the abdominal contents have to be pushed down, but when sitting upright, gravity assists the diaphragm by pulling the contents down. Polio survivors, especially those with scoliosis, compensate by breathing faster but more shallowly because they lack the muscle strength to stretch a stiff rib cage. They may also have smaller lung volumes that further reduce respiratory muscle efficiency and drastically increase the work of breathing. This can lead to underventilation and respiratory failure.

How does respiratory muscle weakness affect sleep?

Respiratory muscle weakness contributes to sleep-disordered breathing. During REM (rapid eye movement) sleep, relaxation of many voluntary muscles, including the shoulder, chest, and abdominal muscles, often occurs. And, these muscles are used to assist breathing when the diaphragm is weak. Consequently, a weak diaphragm has difficulty sustaining adequate breathing, especially when lying down. This leads to a decreased level of oxygen in the blood, or SaO_2 desaturation. SaO_2 desaturations can extend into non-REM sleep and contribute to arousals, inducing sleep fragmentation, and decreasing the amount of time in REM sleep. The quality of sleep deteriorates.

What are the signs of breathing problems?

A polio survivor experiencing a combination of any signs and symptoms in the following list should immediately seek a respiratory evaluation, preferably by a pulmonary physician (pulmonologist) with experience in neuromuscular disease.

- ❑ Shortness of breath on exertion (dyspnea)
- ❑ Need to sleep sitting up (orthopnea)
- ❑ Retention of carbon dioxide (CO_2)
  - morning headaches
  - poor concentration and impaired intellectual function
- ❑ Sleep disturbances
  - not feeling rested in the morning

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Inside this issue

- sleepiness during the day
- dreams of being smothered and/or nightmares
- restless and/or interrupted sleep
- fatigue or exhaustion from normal activities
- snoring

- ❑ Claustrophobia and/or feeling that the air in the room is somehow bad
- ❑ Anxiety
- ❑ Difficulty in speaking for more than a short time
- ❑ Quiet speech with fewer words per breath
- ❑ Use of accessory muscles to breathe
- ❑ Weak cough with increased susceptibility to respiratory infections and pneumonias

Are all polio survivors at risk for breathing problems?

No. Individuals who used an iron lung, or barely escaped one, during the acute phase should be aware of potential problems. Those survivors who did not need ventilatory assistance during the acute phase, but who had high spinal polio resulting in upper body weakness and/or diaphragm weakness, and those with scoliosis (sometimes referred to as chest wall deformity) may also be at risk.

Other factors contributing to breathing problems are asthma, COPD, smoking, obesity, and sleep apnea: either central, obstructive, or mixed.

Another compounding factor is diminished vital capacity (VC), which happens to everyone as they age.

Why do these problems often go unnoticed?

The reasons are varied and can be complex. The onset of respiratory problems is insidious, and this gives an individual time to become accustomed to each decrease in function. Thus, one is not immediately aware that anything is wrong, and a treating physician may not recognize the signs or be familiar with the option of home mechanical ventilation. The person's spouse or family should be questioned about signs and symptoms, changes in activity levels and breathlessness, and sleeping patterns.

Additionally, facing breathing difficulties can be frightening, for both the survivor and their loved ones, and there can be a reluctance to address them. Sometimes this fear stems from inaccurate information about the problem and the solutions or from earlier polio-related experiences.

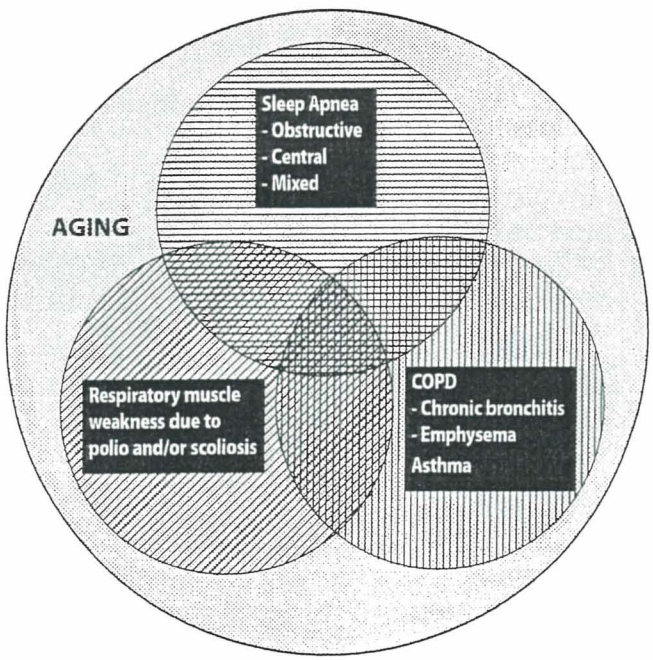
What is underventilation?

The alveoli in the lungs are tiny air sacs at the end of the respiratory tract where gas exchange with the blood occurs. In underventilation (medically known as chronic or global alveolar hypoventilation), the saturation of oxygen in the blood falls due to increased carbon dioxide (CO_2). Normally the alveoli should clear most of the CO_2 out with each breath. Instead, the CO_2 accumulates (called hypercapnia), and thus there is decreased room in the alveoli for oxygen.

Hypercapnia and decreased oxygen saturation are the hallmarks of underventilation or hypoventilation. The signs and symptoms of underventilation usually appear first during sleep.

Some people seem to suddenly experience life-threatening respiratory failure due to CO_2 accumulation (hypercapnia). They may not have been aware of gradually increasing symptoms

Contributors to Underventilation in Polio Survivors



and signs, particularly since they are often not physically active nor regularly monitored with simple pulmonary function tests. Polio survivors may think that they are breathing fine until an upper respiratory infection, which makes breathing in harder for everyone, causes serious problems, partially due to an ineffective cough and the inability to eliminate secretions.

Who is the most qualified to evaluate breathing problems?

Astute family physicians will order a referral to a pulmonologist, preferably one experienced in neuromuscular disease. Pulmonologists specialize in all breathing-related disorders, however, most focus on more acute problems such as intensive care. The pulmonologist who focuses on neuromuscular diseases understands that the problem is due more to respiratory muscle weakness and the restrictive nature of the disease rather than the lungs themselves.

The *IVUN Resource Directory* compiles a list of pulmonologists and respiratory health professionals who are knowledgeable about and committed to home care and long-term mechanical ventilation. It is available at www.post-polio.org/ivun.html or in hard copy from International Polio Network.

What tests will a pulmonologist order?

Pulmonary function tests can be performed in a physician's office with a simple spirometer (an instrument for measuring the capacity of the lungs) or in a fully-equipped pulmonary function laboratory.

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With special thanks to Judith Raymond Fischer, volunteer editor of *IVUN News*, this issue of *Polio Network News* features the breathing problems of polio survivors.

Why dedicate a whole issue to this subject?

#1 A common misconception about home mechanical ventilation is that it is the same as being in an ICU – unconscious, intubated, and connected to a large hospital ventilator – as depicted on popular medical TV shows. Using a ventilator at home is very different, as described by polio survivors Jean Davis and Marion Gray (beginning on page 9), who sent photographs of their satisfied and well-ventilated selves.

#2 It is the one aspect of the late effects of polio, besides swallowing, that could be potentially life-threatening. And, in my travels, I continue to hear stories from polio survivors who have breathing difficulties.

#3 I know many polio survivors who now use nighttime ventilation and feel so much better, but their pathway to this relief was through the emergency room. I believe our Network is obligated to provide knowledge to prevent this from happening to others.

#4 This issue is a good way to educate polio survivors who, in turn, can educate their doctors. I have heard the comment, "I am not having breathing problems. The physician checked my lungs and they are fine." Or, "The physician checked my breathing and said it isn't bad enough yet and he didn't think I would want to use a ventilator this young."

#5 The decision about the type of ventilation to use and when it will begin should be made in collaboration with your doctor and your family. The purpose of this *Polio Network News* is to ensure that the decision is an informed one.

My appreciation to Tony Oppenheimer, MD (eaopp@ucla.edu), and to ventilator user Linda L. Bieniek for their insightful reviews.

We all struggled with what to include and how to explain a complex topic briefly and simply – one that really may apply to you.

– Joan L. Headley, MS
Executive Director, GINI

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Pulmonary function tests should include:

Vital capacity (VC) both sitting and supine (lying down), FVC, FEV_1. VC measures the total volume of air one can breathe out completely after inhaling a full breath. VC is usually done forced, as fast as possible, and is known as FVC. When this fast forced expiration is performed, the volume breathed out in the first second is known as FEV_1. VC is sometimes done slowly and is called SVC. These tests can be done while standing, sitting, or supine. A drop in VC over 25% in the supine position indicates significant diaphragm weakness. When VC declines to <1 L (liter), underventilation often occurs.

MIF and MEF. Maximum inspiratory force (MIF) and maximum expiratory force (MEF) are measured by breathing in and out with maximal effort, through a closed mouth tube attached to a pressure measuring device. This measurement reflects inspiratory and expiratory muscle strength.

Peak cough flow. In people who have had polio, cough is often not effective enough, due to respiratory muscle weakness. A weak cough can lead to poor secretion removal, increased respiratory infections, and pneumonia.

What is an ABG and should polio survivors who suspect breathing problems have one?

An arterial blood gas (ABG) should be ordered when VC falls or symptoms of underventilation develop. An ABG invasively measures levels of oxygen, carbon dioxide, and pH in the blood and assesses pulmonary gas exchange. A noninvasive measurement of oxygen saturation in the blood is pulse oximetry, but it is not as complete or sensitive as an ABG.

What is pulse oximetry?

The blood oxygen saturation can be measured noninvasively using a pulse oximeter. It is a probe placed usually on a highly oxygenated part of the body, such as the finger. Infrared light is released and analyzed by recording its changing absorption in the arterial blood. Nocturnal oximetry is becoming more useful in screening for abnormalities that often occur first during sleep. Some oximeters have a memory module to record 8-12 hours of oxygen and pulse rate data.

What is a sleep study and when is it necessary?

Sleep studies (formally known as polysomnography) are usually performed in a sleep laboratory over one or two nights to record multiple variables simultaneously, such as sleep stages, rapid eye movement (REM), snoring, airflow at the nose and mouth, arousals, heartbeat, chest wall breathing motion, and oxygen saturation, to assess sleep disorders (such as sleep apnea). These studies include EEG (brain wave), ECG (electrocardiogram), and often a video record of sleep movements.

Sleep studies are recommended for an individual exhibiting signs of nocturnal underventilation, but not daytime underventilation, or for asymptomatic individuals with a VC <1 to 1.5 L.

Sleep studies are often recommended to detect sleep apneas.

What is sleep apnea?

Defined as the lack of breathing through the nose and mouth for at least ten seconds, sleep apnea can be obstructive or central or mixed. Obstructive sleep apnea (OSA) occurs when tissues in the throat collapse and block airflow in and out of the lungs during sleep, although efforts to breathe continue. Central apnea occurs when the brain fails to send appropriate signals to the body to initiate breathing. There is neither airflow nor chest wall movement.

In sleep apnea, breathing ceases, oxygen in the blood decreases, arousal occurs, sleep ends, and breathing resumes. The individual then drifts back to sleep and another apnea occurs, with this cycle continuing throughout the night, resulting in hundreds of arousals from sleep.

OSA at first occurs when individuals sleep on their backs, but eventually apneic episodes are present with any sleep position. A number of factors make snoring and apnea worse, such as obesity and nasal obstruction. Smoking causes the lining of the upper airway to swell, alcohol and sedative drugs cause the muscles in the back of the upper airway to relax, and excessive weight decreases the size of the upper airway.

When there are nighttime breathing problems in a person with neuromuscular disease, such as post-polio, they are more likely due to respiratory muscle weakness, rather than OSA. However, some individuals may have only OSA while others may have both respiratory muscle weakness and OSA.

What is the treatment for sleep apnea?

Sleep apnea is best treated with the use of a continuous positive pressure airway (CPAP) device to push the tongue out of the way and keep the airway open during sleep. If underventilation and sleep apnea occur simultaneously, a bilevel positive pressure device is recommended to help improve ventilation and also keep the airway open.

What is CPAP?

CPAP stands for Continuous Positive Airway Pressure. Air flows continuously into the airway via the nose with use of a nasal mask. CPAP keeps the airway open, but does not adequately assist respiratory muscle activity.

CPAP is primarily used to treat obstructive sleep apnea, and thus is normally used only at night during sleep. CPAP units are not ventilators. Higher pressures may make exhaling uncomfortable and difficult. Newer CPAP units, called Auto CPAPs, automatically provide varying levels of pressure based on the individual's needs during the night. Because OSA is prevalent among the general population, many companies offer CPAP units.

What is mechanical ventilation (MV)?

Mechanical ventilation is the use of machines to help people breathe when they are unable to breathe sufficiently on their own. It is most often used for a few days in a hospital setting, when people are recovering from surgery or during a serious illness. However, some people may be unable to breathe on their own after the acute illness is over and may require long-term MV. Other people may have a stable, chronic condition that prevents them from breathing on their own; they may need to use a ventilator only at night or both at night and during the day.

Assisted breathing through mechanical ventilation can help people sleep better and result in improved lung function during the day. MV can restore the gas exchange and prevent respiratory failure.

When is mechanical ventilation an option?

A general guideline, but not a rule, suggests that mechanical ventilation be initiated when there is a 50% decline in VC or a VC of under 1 L. Each symptomatic survivor needs a comprehensive evaluation by a knowledgeable physician to determine when to start MV. This is especially true of the survivors of bulbar poliomyelitis. Mechanical ventilation helps rest the respiratory muscles, resets the sensitivity to CO_2 of the controller in the brain, and improves pulmonary mechanics by providing more functional lung expansion.

Is exercise a treatment option?

Chest expansion exercises may help keep the chest wall more elastic and avoid loss of lung volume. There are four ways this can be done: with an Ambu-type resuscitation bag, using a volume ventilator for air stacking, using glossopharyngeal (frog) breathing, or using an IPPB (intermittent positive pressure breathing) machine.

If I need mechanical ventilation, what are the options?

The older technology of negative pressure ventilation, which developed during the polio epidemics to keep respiratory polio survivors alive, has given way to the newer technology of positive pressure ventilation.

Negative pressure ventilators apply intermittent negative pressure (like a vacuum) to the chest and abdomen by means of an iron lung or Porta-Lung, a chest shell (cuirass), or a form of body jacket or wrap. Some polio survivors still use the iron lung, Porta-Lung, or cuirass.

The pneumobelt is also still used. It is an inflatable corset around the abdomen which acts by pressing on the abdomen to augment exhalation. Inspiration is not assisted. The pneumobelt can only be used in the upright, seated position and does not work if one is either underweight or overweight.

Positive pressure ventilation uses a bilevel pressure support device or a volume ventilator to deliver air noninvasively via a face mask, nasal mask, nasal pillows, mouthpiece, lipseal, or oro-nasal combination, called noninvasive positive pressure ventilation (NPPV). Positive pressure can also be delivered invasively through a tracheostomy tube (TPPV).

What is the difference between a bilevel device and a volume ventilator?

Bilevel pressure devices continuously deliver air, but the inspiratory pressure can be adjusted separately from the expiratory pressure. Bilevel devices are also used with a face or nasal mask

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or nasal pillows, and, like CPAP, used mainly at night. However, bilevel devices can only deliver a certain amount of pressure that may not be enough for people with respiratory muscle weakness and underventilation. There are many bilevel pressure devices on the market, but the only one that can be truly called BiPAP® is from Respironics.

Compared with volume ventilators, bilevel devices are lightweight, less expensive, easier to use, and adjust better to leaks. However, disadvantages include not being well-suited for tracheostomy ventilation, having no internal battery, not as commonly used with an external battery, may be noisier, and the expiratory pressure is unnecessary for some people and may cause thoracic discomfort. Examples of bilevel devices include Respironics Bi-PAP® S/T and BiPAP® Synchrony™; Puritan Bennett KnightStar 330® and KnightStar 320®; ResMed VPAP® II ST; and Breas PV102.

Volume ventilators deliver a preset volume of air. These machines can deliver much more air than bilevel devices, and thus enable deeper breaths for improved coughing and air stacking. They may be necessary for people with poor lung elasticity, such as those with pulmonary fibrosis, and stiff chest walls, as with kyphoscoliosis, when bilevel is not enough. Volume ventilators, though larger and heavier and more expensive than bilevel units, are quieter, have more alarm features, overcome airway secretions and resistance, have an internal battery, work from battery power easier, can be used for 24 hours, and are well-suited for tracheostomy use.

Examples of volume ventilators include the LP6 Plus, LP10, and Achieva® from Puritan Bennett, PLV®-100 and PLV®-102 from Respironics, TBird® Legacy from Thermo Respiratory Alternate Care, and PV501 from Breas.

A new generation of ventilator technology has produced the LTV™ series from Pulmonetic Systems, Inc. These new ventilators are compressorless and run by turbines. They are very small – about the size of a laptop computer – and lightweight, about 13 lbs., but more expensive. They also have the capability to offer both volume and pressure support.

Who decides which equipment to use? How?

The answers to these questions focus on whether there is breathing muscle weakness or whether there are reasonably normal breathing muscles but obstructive sleep apnea (OSA).

If there is nighttime breathing abnormality due to muscle weakness, it is best treated with a machine that assists ventilation, such as the aforementioned bilevel pressure device or volume ventilator.

If the upper airway tends to close off during sleep, OSA occurs. This is often successfully treated by continuous positive airway pressure (CPAP) which delivers a constant flow of air to keep the airway open. It is certainly possible to have weakness in the throat/pharyngeal area that produces OSA, without weakness of the breathing muscles. If this is the case, CPAP is the appropriate treatment.

Whether to use a portable volume ventilator or bilevel pressure device is an important decision. Sometimes the choice reflects the experience and training of the pulmonologist or respiratory therapist. Often cost is a factor. In Europe, the costs of the bilevel pressure devices and the volume ventilators are not as disproportionate as they are in the United States.

The ventilator which is most comfortable for the user and fits his or her individual ventilatory needs best should be the overriding choice. The physician, respiratory therapist, and ventilator user should collaborate on determining the best system, although ventilator users are not often given the opportunity to try different ventilators and systems.

Where is the best location to start noninvasive positive pressure ventilation (NPPV)?

Generally, NPPV is started in the home by a respiratory therapist from the home health care agency or durable medical equipment (DME) provider, as ordered by the physician (who is not present). However, home health respiratory therapists have limited time, and the home health care agency does not receive reimbursement for the time needed. The therapist usually cannot demonstrate the whole range of equipment and interface options available. Followup is needed repeatedly in the first months to ensure that the equipment and interfaces are comfortable and working properly to achieve optimal benefit.

The use of NPPV can also be initiated as part of hospital discharge, where there should be

more time to do it properly. However, many pulmonary critical care physicians are highly ICU-focused, and they and the respiratory therapy staff may not have the experience and interest needed to get optimal results.

When possible, the best approach may be for the individual to visit the home MV unit of a medical center for daytime assessment and for teaching the use of NPPV. The person can try various equipment and interfaces to see which would work best under the guidance of an experienced physician and respiratory therapist. The day visits can be repeated as needed for setup and followup. This is in addition to the home health care/DME company's home visits after the system is selected and ordered.

What does a respiratory therapist do?

Respiratory therapists work under the direction of a physician, usually in hospital settings where they perform intensive care, critical care, and neonatal procedures. Polio survivors usually interact with a respiratory therapist in their physicians' offices and/or in their homes during visits from a therapist hired by a home health agency or a home medical equipment supply company (Apria, Lincare, etc.).

Respiratory therapists perform procedures that are both diagnostic and therapeutic. Some of these activities include: taking arterial blood gas (ABG) specimens and analyzing them to determine levels of oxygen, carbon dioxide, and other gases; measuring the capacity of the lungs to determine if there is

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Thoughts from Peter C. Gay, MD

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PRESENTED AT GINI'S EIGHTH INTERNATIONAL POST-POLIO & INDEPENDENT LIVING CONFERENCE, JUNE 2000

On weakness ... "The vernacular defining post-polio syndrome includes non-specific weakness. Many physicians overlook the fact that polio survivors are describing respiratory problems."

On symptoms ... "The important thing to recognize is that the vast number of polio survivors do not necessarily have lung disease, per se. The problem usually is the inadequate way they move air in and out of their lungs.

"It is important to determine which symptoms are related to breathing, which are related to the heart, and which are related to deconditioning. Even Olympic athletes can become deconditioned."

On abdominal paradox ... "Many polio survivors have difficulty with breathing while lying. Physicians can assess this by observing the abdominal paradox which occurs when the abdomen inappropriately collapses inward as the chest expands during inhalation.

"Normally when one lies down and takes a deep breath, the diaphragm pushes down and the abdomen pushes outward. If the diaphragm is very weak and the chest muscles are doing most of the work, then the abdomen is going to paradoxically collapse. This is a very specific sign that a physician can recognize by placing a hand on the abdomen and asking the patient to take a deep breath. If the abdomen collapses during inspiration, it is a sign of a weak diaphragm. During sleep, this is critical to understand."

On deterioration of quality of sleep ... "The sleepier that people get, the more they want to sleep, and the more they are tortured by the need to wake up to breathe."

On sleep apnea ... "The 'I won't breathe' form is central sleep apnea. The controller, during REM sleep particularly, stops firing impulses adequate to make one breathe. It is important to demonstrate the difference between these because different equipment is needed for each form.

"The 'I can't breathe because the upper airway is blocked' form is obstructive sleep apnea. It is most common in males and is due to being overweight and to the size of the neck and structure of the upper airway. In post-polio patients, the weakness of the muscles of the mouth can be such that, when lying on one's back, the muscles can block off and cause snoring."

On nighttime assisted ventilation ... "Breathing at night is like driving. You need power steering. You still want to drive, but it feels like you are driving a big Mack truck. You need a device that allows you to turn that steering wheel more easily."

On using oxygen ... "In normal sleep, sensitivity to CO_2 is reduced so that we all shallow breathe during REM sleep. Elevated CO_2 during REM sleep lets people stop breathing or slow breathe until the oxygen saturation levels get so low that the brain alarms to say, 'Wake up!' From that standpoint, supplemental oxygen tends to be a poison to people with this problem who are not also getting ventilation at the same time, because they lose the low O_2 wakeup alarm."

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impaired function; and studying disruptive sleep patterns. Respiratory therapists help set up and maintain the various equipment (CPAP and bilevel devices, ventilators) to assist breathing, adjust the settings, adjust the mask or other interface, instruct in their use, and monitor compliance.

What is an interface?

An interface connects the tubing from the volume ventilator, bilevel device, or CPAP to the person using it. Examples include nasal or facial masks, nasal pillows, lipseal, mouthpiece, or tracheostomy. Often the individual is handed only one mask to try by a respiratory therapist from a home health care company, but several different masks may need to be tried in order to find one that fits properly. Many people do best when they can choose at least two (nasal) interfaces that are comfortable and rotate between them. Individuals can use a mouthpiece if they have nasal congestion due to a cold.

Adapting to and making adjustments to an interface is critical and often requires patience and determination. Many users creatively adapt their masks to achieve the best fit.

What is a tracheostomy and when is it necessary?

A tracheostomy is an artificial airway created during a surgical operation called a tracheotomy. A tracheostomy may be necessary for polio survivors who cannot tolerate noninvasive ventilation, for those who can no longer be adequately ventilated noninvasively, and for those who need ventilation more than 20 hours per day. Other considerations include a severely impaired cough and inability to clear secretions, and significant swallowing problems. Some polio survivors who need 24-hour ventilation may prefer to use noninvasive ventilation.

The decision to undergo a tracheotomy is a serious one and should be made by a fully informed individual along with caregivers in consultation with the physician.

How can a polio survivor improve cough?

Retained secretions in people who have impaired coughing ability can turn a common cold into pneumonia. To improve cough, there are two forms of assisted coughing.

Manually assisted coughing involves another person administering a thrust to the chest and abdomen of the individual with neuromuscular disease immediately after that individual takes a big breath.

Mechanically assisted coughing can be performed with the CoughAssist™ by J.H. Emerson Company. The CoughAssist applies positive pressure to provide a deep breath in, then shifts rapidly to negative pressure to create a high flow out, as with a normal cough.

What is cor pulmonale?

Cor pulmonale (right-sided heart failure) can occur in post-polio and in other diagnoses, such as COPD. In both, the low oxygen level causes pulmonary hypertension, liver enlargement, and swollen feet. Cor pulmonale is detected by a careful physician examination, keeping respiratory muscle weakness in mind.

What about oxygen?

Tony Oppenheimer, MD, retired physician in pulmonary and critical care medicine from Southern California Permanente Medical Group, cautions, "Administering oxygen does not provide assistance to the weakening respiratory muscles, but gives both the patient and the doctor the false impression that appropriate treatment is being provided. Underventilation is mistaken for an oxygen transfer problem. Indeed, administering oxygen can mask the problem.

"Also there is a danger of causing respiratory depression by giving oxygen. It will improve the oxygen saturation, but not the underventilation. It may increase the danger of dying of sudden respiratory failure.

"Some situations may require administering oxygen, such as cor pulmonale or pneumonia due to infection or aspiration. If this occurs in people with respiratory muscle weakness and hypoventilation, then it is important to provide both assisted ventilation and supplemental oxygen, and use ABGs to monitor them."

A useful analogy from Lisa S. Krivickas, MD, Spaulding Rehabilitation Hospital, Boston, in regard to people with respiratory failure from neuromuscular disease is that the lungs are like deflated balloons that are not strong enough to inflate.

To inflate the balloon, mechanical assistance to force air into the balloon is needed. Blowing oxygen across the mouth of the balloon (the equivalent of using supplementary oxygen delivered

by nasal cannula) will do nothing to inflate the balloon. ■

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My Journey to a Good Night's Sleep

Marian Gray, Oakland, California

When I was 5 years old, I contracted polio. The family doctor, summoned to my home, carried me out the front door. I have not retained much of the following weeks and months except that my parents were kept away from me, and, at some point, I felt that I was suffocating. I was placed in an iron lung, but do not remember how long. Rather than being sent to a rehabilitation facility, I returned home and had visits from a physical therapist. I had leg braces, a strange arm brace that held my right arm straight out from my shoulder and bent at the elbow, and a little wheelchair.

I did not attend school until third grade, and by that time I had tossed the braces and wheelchair. Breathing did not seem to be an issue then. At age 8, I had a spinal fusion and was out of school for fourth grade. Back in school for fifth grade, I used a wheelchair for trips to the playground where the other children used me as a battering ram.

Around this time, I remember having difficulty coughing up secretions when I had respiratory infections. I remember being embarrassed in class while trying to cough, terrified that I would choke to death. Years later, I figured out that shoving myself on my abdomen could help while trying to cough. I still use that same method.

In the early '80s, I attended a GINI conference in Saint Louis. There was a lot of talk about breathing problems and respiratory infections. I remember Augusta Alba, MD, mentioning the possibility of "drowning in your secretions" and the necessity of dealing with this aspect of the late effects of polio. One of the vendors had a chest shell breathing device that I tried. Someone nearby said, "You should have seen the look on your face when you tried that thing." So that is what it felt like to breathe!

Back home in California, I tried to track down information about breathing devices and how to deal with respiratory infections – without much luck. One pulmonary doctor told me that, because I had not died during the initial attack of polio and no longer used the iron lung, I could not have breathing problems related to polio. I did not believe him, but did not feel in serious trouble except when I caught a cold.

Then came nightmares of drowning or suffocating, waking up choking, morning headaches, and, worst of all, getting up and down many times during

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the night to use the bathroom. I eventually went to another pulmonologist who sent me home with a pulse oximeter. I was also referred for a pulmonary function test that was only done in a sitting position, not repeated while lying on my back (supine). Based on the results of these tests, I was provided with a bi-level positive airway pressure device and a mask. I tried it for a few nights, but it was awful.

About five years ago, a respiratory therapist friend encouraged and helped me to get an appointment with a doctor at Kaiser's regional rehabilitation facility in Vallejo, California. I had pulmonary function tests and was referred to the overnight sleep lab. After two hours, the lab technician came into my room and said, "You're not breathing enough." She gave me nasal pillows to use with a bilevel device. For a few minutes I thought I would surely suffocate and die, but the technician was very comforting and managed to calm me down. Eventually, I fell asleep.

My new doctor prescribed a Bi-PAP®. Since my insurance policy does not cover durable medical equipment, I paid for these items myself. I was sold nasal pillows, headgear, and tubing to attach to the machine that I rented for a month. There was no mention of other brands or models that might exist. When I began using the new equipment, I hated it. The machine was noisy, I heard the air coming in with every breath, and I felt the air as it shot each breath at me. The nasal pillows leaked and my nostrils were sore in the morning.

I tried to educate myself about the whole situation and found a polio chat room where breathing issues were rarely discussed, except once when someone mentioned a breathing machine that was quieter than others. So, there were choices out there. I would not have to settle for the first machine I tried.

Over the next couple of months, I rented about five different machines and tried a variety of masks (interfaces). My husband, Roger, assembled files of information and phoned vendors and manufacturers to learn what was available and what each might cost. Roger and I get similarly possessed when we are in the market for a new washing machine or a new variety of tomato for the garden. But in a serious medical situation, should it have to be do-it-yourself? There is no equivalent to *Consumer Reports* to provide a thorough, unbiased comparison of ventilatory equipment.

When it came time to quit testing machines and buy one, I settled on the Quantum® Pressure Support (no longer being manufactured). It was the biggest, heaviest, most expensive one I had tried. But the adjustable rise time sold me. Each inspiratory breath is delivered gradually. This is essential for my comfort. I also liked the controls on the Quantum. They are located on the front and are easily adjustable when necessary. There are no secret adjustment codes available only to "professionals." The Quantum can also be set with a backup rate for timed breaths, a feature I use. With some of the machines I rented, my spontaneous inhalations were apparently not always strong enough to trigger the machines to give me a breath.

Next, I wanted a smaller, lighter-weight unit for backup and for traveling, and found the Sullivan VPAP® II ST which has adjustable rise times and can be set to my specifications. I now use the VPAP exclusively and keep the hulking Quantum as backup.

At journey's end, I now go to sleep within a few minutes of going to bed. I have no more morning headaches. I have not drowned nor suffocated in a nightmare. Best of all, I no longer need to get up to go to the bathroom during the night. (According to Colin Sullivan, BSc Med, MB, BS, PhD, FRACP, FAA, from Australia, who helped develop the VPAP, there is a biochemical chain reaction that may result in nocturnal urination when people are underventilating during sleep.)

While waiting to discover the ideal mask, I use a ResMed Mirage® and Ultra Mirage®, liking different features of each. I also use a heated, homemade humidifier and so far have resisted spending hundreds of dollars on a "real" one. Use of a humidifier was not mentioned when I bought either of my machines, and I found that dry air being blown into the nose and throat could be uncomfortable.

I located mail-order companies selling equipment and supplies on the Internet. The prices are often better than buying through a local respiratory equipment dealer. For repeat orders of supplies that I know will work, this can be a savings. ▩

My Search for the Solution

Jean B. Davis, Albany, Georgia

After five days as an inpatient at Vanderbilt Stallworth Rehabilitation Hospital in Nashville, Tennessee, under the care of Brenda Jo Butka, MD, and her staff of respiratory therapists, I am able for the first time in months to breathe adequately at night, to sleep, and to function at optimum capacity during the day.

I contracted polio in 1953. It left me quadriplegic and dependent on the iron lung for five months. I left Vanderbilt University Hospital two months after being weaned from the iron lung and was able to breathe without any respiratory assistance. My almost total quadriplegia continued, however, and that condition worsened over the years as I experienced the late effects of polio.

The late effects of polio also caused my breathing capacity to deteriorate over the years, and about 12 years after I left Vanderbilt, I began to need help with my breathing during the night. I started using negative pressure ventilation with a cuirass and the Monaghan 170C ventilator. Then, with the passage of 15 more years, I began to require assistance during the daytime, using an early PVV ventilator with mouthpiece and then a PLV®-100 volume ventilator with mouthpiece during my waking hours. I continued to rely upon the Monaghan and cuirass during the night.

About two years ago, I began to have problems sleeping. I did not seem to be getting enough breath to allow me to relax and go to sleep. My equipment provider substituted a NEV®-100 for the Monaghan to drive my cuirass, and my breathing problems at night noticeably worsened. Because the exacerbation of my breathing problems coincided with the use of the NEV®-100, I erroneously attributed them to the equipment.

I was unable to find anyone in this area – southwest Georgia – who could offer any solution to my breathing problems, (although a therapist suggested that I might need to use the iron lung again), until one day in 1998 when I was discussing the problem with the manager (a registered respiratory therapist) of my equipment provider in Atlanta. She gave me the name of Brenda Jo Butka, MD, Medical Director of Pulmonary Services at Vanderbilt Stallworth Rehabilitation Hospital since 1995. I contacted Dr. Butka and was in the process of arranging an appointment when my van was rear-ended by a truck, and I sustained a broken left hip. That interrupted my plan to travel to Nashville to see her.

My breathing problems at night continued to worsen, however, and I began trying to supplement the NEV®-100 and cuirass with the use of my old PVV positive pressure ventilator and mouthpiece. This did not work, and early in 2000, I again contacted Dr. Butka and arranged to enter Vanderbilt for evaluation and treatment.

Although I dreaded the trip – nine hours by automobile from my home – it was apparent from the first that Dr. Butka and her staff were eminently experienced and competent in the kind of breathing problems I was having. That in itself was encouraging and reassuring.

When I went to Nashville, I was apprehensive that the solution to my problem would be to return to the iron lung. This would have meant a substantial diminishment in my quality of life, and I dreaded the prospect. Dr. Butka put those fears to rest immediately. She made it clear that the solution to my problem was yet to be determined, but the solution was not the use of the iron lung or negative pressure ventilation in any form.

During the ensuing five days of my stay at Stallworth, Dr. Butka confirmed that using negative pressure ventilation equipment during the night was inadequate for me. My oxygen saturation levels were substantially below normal, which accounted for my feelings of breathlessness, inability to sleep, and the general feeling of malaise during the day.

It was decided that the use of a positive pressure volume ventilator (I use the PLV®-100) with nasal mask at night was the appropriate solution. I had been told about this option at home, but I was not convinced that this

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was the proper solution to my problems. There appeared to be no one at home who could guide me in the use of these options, and I had not really given the masks a fair trial. They felt uncomfortable and intolerable, and I did not know how to use them correctly.

At Stallworth, I was shown a variety of masks, how to properly use them, and how to deal with the problems of skin irritation and discomfort. I also became convinced that use of the mask would solve my breathing difficulties.

The first night with the nasal mask I slept six hours and my oxygen saturation levels went up to 98% and 99%. The next night I slept eight hours, and thereafter I had eight and nine hours of uninterrupted sleep.

My oxygen saturation levels continued in the range of 98% and 99%. Since I have returned home, I am sleeping as I have not slept for months and my oxygen levels remain at the 98% level.

I now use Mallinckrodt's Breeze™ SleepGear™ (which contains ADAM nasal pillows with tubing going up over the nose and forehead, held in place at the back of the head) and find it the most comfortable for me. ▩

Brenda Jo Butka, MD (615-963-4032)

IVUN News, the quarterly newsletter of International Ventilator Users Network, is dedicated to providing up-to-date news about living at home with a ventilator. Edited by Judith R. Fischer, the 8-page newsletter features articles written by health professionals and ventilator users who describe their experiences to educate others. It also includes a calendar of related meetings, notices of articles and new books, and new equipment and interfaces.

The subscription rate is $17 in the USA; $22 for overseas surface, Canada, and Mexico; and $27 for overseas air. A set of back issues (from 1993-2000) is also available for $20 in the USA; $25 for overseas surface, Canada, and Mexico; and $30 for overseas air.

IVUN Resource Directory, revised annually in the fall, has been described as a "gold mine" with contact information for health professionals, ventilator users, equipment and mask manufacturers, service and repair, and related organizations.

Numerous *IVUN News* articles and the *IVUN Resource Directory* can be found at www.post-polio.org/ivun.html.

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