Alberta Health Services

Record of Interventions for Improving Adherence to PAP Therapy

Last Name *(Legal)*	First Name *(Legal)*
Preferred Name ☐ Last ☐ First	DOB*(dd-Mon-yyyy)*
PHN	ULI ☐ Same as PHN / MRN
Administrative Gender ☐ Male ☐ Female ☐Non-binary/Prefer not to disclose (X) ☐ Unknown	

Most Responsible Physician Last Name	Most Responsible Physician First Name
Health Care Professional Last Name	Health Care Professional First Name
Designation	

Intervention Record

Nasal Congestion? ☐ Yes ☐ No

If client experiences nasal congestion as a barrier to PAP adherence, complete the following:

- ▶ Is humidification adequate? ☐ Yes ☐ No
- ▶ Was a nasal rinse/nasal steroid spray trialed? ☐ Yes ☐ No

Claustrophobia/Anxiety? ☐ Yes ☐ No

If client experiences claustrophobia or anxiety, complete the following:

- ▶ Gradual Exposure (please see appendix for documentation):
  - ▶ Daytime Mask Habitation? ☐ Yes ☐ No
  - ▶ Nasal Interface Trial? ☐ Yes ☐ No

Pressure Intolerance? ☐ Yes ☐ Not applicable

- ▶ Were ramp settings adjusted? ☐ Yes ☐ No
- ▶ Was a pressure relief setting option used? ☐ Yes ☐ No
- ▶ Is there a significant mask leak present? ☐ Yes ☐ No

BPAP Habituation Daytime Trials? ☐ Yes ☐ Not applicable
Patient to complete habituation chart (see appendix)

Other Interventions: _____

Has the client/ attempted all the interventions listed above? ☐ Yes ☐ No

Has the client/ decided to proceed with therapy? ☐ Yes ☐ No

Has the Most Responsible Physician been made aware of interventions made to date?
If yes, please have them sign below:

Most Responsible Physician *(last name)*	Most Responsible Physician *(first name)*
Signature	Date

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APPENDIX

Habituation Intervention Chart

Last Name *(Legal)*	First Name *(Legal)*	
Preferred Name ☐ Last ☐ First	DOB *(dd-Mon-yyyy)*	
PHN	ULI ☐ Same as PHN	MRN
Administrative Gender ☐ Male ☐ Female ☐Non-binary/Prefer not to disclose (X) ☐ Unknown		

Steps Taken	**Date** (mmm-dd-yyyy)	**Date** (mmm-dd-yyyy)	**Date** (mmm-dd-yyyy)	**Date** (mmm-dd-yyyy)	**Length of time**
E.g. Wear mask alone for short periods	***Apr-12-2021***	***Apr-13-2021***	***Apr-15-2021***	***Apr-16-2021***	***30 minutes/day***