

HOME AIR – Frequently asked questions

1. How do I get my bed at 30% incline? If you have a hospital bed at home, there should be a measuring device on the side of the bed, it should be marked in degrees and you line up with the 30% grade.
You can purchase a wedge for the bed, you can ask for a specific 30% grade and they come standard size. They are available anywhere from Amazon online to local medical supply store. I have seen prices from \$20-\$50.
They are not covered by medical insurance.
2. Oral health - Using a prescription toothpaste and mouthwash are great places to start in maintaining a healthy airway. The physicians at the hospital or your primary care doctor can order these items; you do not have to get them from a dentist. If you are admitted to the hospital, these items can be ordered before you leave so they are ready to be used when you get home.
3. Regular visits to a dentist are also very important - We are recommending regular cleaning every 3-4 months instead of twice a year. Dentists are available in the community that can accommodate a person in a wheelchair and on a ventilator. The Complex Care Center on Culver Rd. accepts all insurances and can easily accommodate complex patients, the Eastman Institute for Oral Health (part of University of Rochester) can also see patients with special needs.
4. Medical Nutrition consultation - We are recommending once a year consultation with a registered dietician. People on home ventilators have special dietary needs. A dietician can help evaluate to assure people are getting enough nutrition from the diet they consume and also monitor the fluid they take in and make sure there is a good balance. Dieticians are available in the hospital, before discharge, to consult before you go home. In the community, dieticians are available at Strong Internal Medicine and the Complex Care Center. Your primary care doctor may have a dietician they prefer to work with and we are here for consultation with them if they have specific questions as well.
5. Education - Understanding what situations cause increased risk of pneumonia and how to combat them is essential to helping keep people on home ventilators healthy. Talk to your physicians, nurses and respiratory therapists to get as much information as you can.
6. Airway clearance - People on ventilators are more likely to be bed-bound or not moving as much as someone not on a ventilator. Making sure they move, turn and work to get rid of excess secretions every day is key to keeping pneumonia from starting. Your doctors, nurses and respiratory therapists can help you with techniques that work for you and can fit into your lifestyle and any physical limitations caregivers may have. If no one has asked you about this, PLEASE ASK!
7. Inner cannula/trach care - A clean trach tube/inner cannula is important to maintaining a healthy airway. If your trach has an inner cannula, it should be cleaned/replaced daily. Work with you physician to get the supplies you need. For trachs without an inner cannula, a change of the entire tube should be done on a regular basis. Our recommendation is every 8-12 weeks, but please check with your ENT doctor if you have questions about this.
8. Regular visits with PCP - Your primary care doctor is essential in maintaining your health. Your doctor needs to see you regularly when you are well so they have a good understanding of you and your specific concerns when you get sick. Work with your physician to establish a reasonable schedule that isn't too burdensome for you, but gets you into the doctor on a regular basis.

Contact information for **HOME AIR** is:

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