

## Contact Telephone Numbers

Neonatal Unit, Lister Hospital 01438 284125

Children's Emergency Department 01438 284606

## Further Information

For more information see the Bliss Baby Charity website at:

[www.bliss.org.uk](http://www.bliss.org.uk)

Bliss helpline telephone number: 0808 801 0322

or email: [hello@bliss.org.uk](mailto:hello@bliss.org.uk)

# Information for Parents

## Vapotherm

## Neonatal Unit

## References

Chao, K. *et.al.* (2017), 'The Role of Heated Humidified High-flow Nasal Cannula as Noninvasive Respiratory Support in Neonates', *Pediatrics and Neonatology*, 58(4), pp.295-302

Breathnack, M and Sheahan, L. (2017) 'Evidence for high flow and nasal cannula as non-invasive respiratory support in premature infants: A literature review', *Journal of Neonatal Nursing*, 23(4), pp. 193-198

Date of publication: February 2021

Author: M Garwood

Reference:

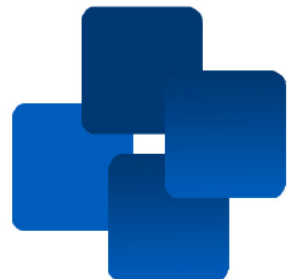
Version: 01

Review Date: February 2024

© East and North Hertfordshire NHS Trust

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

You can request this information in a different format or another language.



## What is vapotherm?

Vapotherm is a special type of breathing circuit that is used to support your baby's breathing.

## When is vapotherm used?

Vapotherm is used when babies need support with their own breathing.

## How does vapotherm work?

Vapotherm is used to help your baby's breathing by placing two fine tubes in the nostrils and having air flow through them. This slightly raises the pressure as the baby breathes in and helps to keep the baby's lungs inflated. It also helps to get more oxygen into baby's blood.



This is an example of the vapotherm monitor you might see next to your baby's cot.

## Is vapotherm safe for my baby?

Vapotherm is a safe and effective way to treat babies with breathing difficulties. It is convenient to use and has improved patient comfort.

## Benefits of vapotherm

- Reduced nasal trauma
- Improved weight gain
- Allows for easier handling of babies for procedures and cares
- Allows for easier feeding and cuddling, enhancing bonding between parents and baby

## Monitoring of your baby whilst receiving vapotherm

Your baby's progress will be continuously monitored by the nursing and medical staff, which includes checking:

- Heart rate
- Blood oxygen levels
- Temperature
- Skin colour and integrity
- Blood pressure

## How parents can support their baby

Once your baby is settled on vapotherm, you will be able to cuddle him/her and assist with their cares and nappy changes.

## More questions?

If you have any questions or concerns, please speak to the doctors or nursing staff.