

지속형 양압기치료와 이중형 양압기치료



구 대 림

서울의대 보라매병원 신경과

CPAP and BiPAP titration

Dae Lim Koo, MD, PhD

Department of Neurology, Seoul Metropolitan Government Seoul National University Boramae Medical Center, Seoul National University College of Medicine, Seoul, South Korea

Positive airway pressure (PAP) is a standard treatment for patients with sleep disordered breathing. A PAP delivery system consists of three main parts as follows: (1) a PAP device; (2) a nasal, oral, or oronasal interface; and (3) a flexible hose that connects the device to the mask. Manual pressure adjustment during attended laboratory polysomnography enables to eliminate obstructive sleep apnea hypopnea, and respiratory effort-related arousals. Positive airway pressure devices capable of manual titration are divided into two types depending on their pressure delivery system. First type is a continuous positive airway pressure (CPAP) that delivers a single, fixed pressure to the patient during the night. Second one is a bilevel positive airway pressure (BiPAP), which delivers a higher inspiratory PAP (IPAP) than expiratory PAP (EPAP). Manual titration of CPAP or BiPAP is currently the gold standard for selection of the optimal pressure for CPAP and BiPAP (IPAP/EPAP), although sleep medicine specialists are gradually becoming more accepting of the use of auto-titrating PAP. We address a comprehensive review for the major recommendations for conducting CPAP and BiPAP titration protocols in patients with obstructive sleep.

Dae Lim Koo, MD, PhD

Department of Neurology, Seoul Metropolitan Government
Seoul National University Boramae Medical Center, Seoul
National University College of Medicine, Seoul, South Korea
E-mail: koodaelim@gmail.com