




How to start NIV for overlap syndrome? NIV initiation settings for overlap patients: Mode Pressure Support

Variable	Effect	Initial setting	Adjustment	How to monitor the setting?
Inspiratory Pressure / IPAP	Pressure support	13 cmH ₂ O	+ 2 cmH ₂ O Every 2 min up to the maximum tolerated by the patient	Respiratory rate Patient's comfort
PEEP/EPAP	Overcome any upper airway obstruction and/or intrinsic PEEP	7 cmH ₂ O	+ 1 cmH ₂ O increase if Upper airway obstruction during sleep	AHI Upper airway obstruction on flow curve
Rise time	The speed of delivery of the inspiratory phase of the breath	2 (short)	+ 1 As long as the air comes too quick and creates overshoot	Synchronization: Flow overshoot
Inspiratory Trigger	Trigger the ventilator breath	2 (sensitive)	+ 1 As long as auto trigger is present	Patients effort to trigger the ventilator Synchronization: Ineffective inspiratory efforts and / or auto triggering
Expiratory trigger	Cessation of the breath in	5	± 1 According to patient comfort	Synchronization: premature or late cycling
Min Insp Time	Ensure a minimal breath time	0.4 s		
Max Insp Time	End the mechanical breath if expiratory trigger fails	2.0 s	Current time + 0.2 s	Asking the patient if the breath duration is too long in case of unintentional leaks
Backup Rate	Ensure a minimal breaths per minute	8	Current rate - 4	Asking the patient if the breaths are coming at the right pace

Settings	
Insp.Pressure	13.0 cmH ₂ O
PEEP	7.0 cmH ₂ O
PScale	8.0 cmH ₂ O
Rise Time	2 
Insp. Trigger	2 
Exp.Trigger	5 
Min Insp.Time	0.4 s
Max Insp.Time	2.0 s
Backup Rate	8 bpm
Backup Insp.Time	1.6 s
Target Volume	Off
Auto EPAP	Off