MedPro Respiratory Care

December Newsletter

CPAP Therapy: Common Barriers & Proven Solutions

At MedPro Respiratory Care, we work closely with patients to overcome key CPAP challenges — improving comfort, adherence, and long-term health outcomes.



CPAP Compliance: Common Challenges

- **Mask Fit & Comfort:** Pressure marks, leaks, or discomfort can lead to poor adherence.
- **Nasal Congestion or Dryness:** Often worsens in winter or with low humidity.
- **Travel & Portability:** Interruptions in therapy when patients are away from home.
- **Mobility or Dexterity Limitations:** Some patients struggle to apply or adjust their masks independently.

Our Patient-Centered Solutions

Comprehensive Mask Fitting

Each patient meets 1:1 with our clinical team to try on masks, learn proper positioning, and confirm a secure fit.

During the appointment, we:

- Use a mask selector app to narrow down suitable options based on a facial scan and comfort preferences.
- Teach the patient how to put the mask on, recognize proper fit, and make their own adjustments.
- Run a mask fit test on the CPAP machine before they leave—ensuring their mask is optimized and ready for home use.

Patients go home with a mask that's already adjusted for them, making it easier to start therapy confidently.

CPAP Therapy Engagement & Comfort Support

At MedPro we use App-Based Sleep Data Tracking. Patients can monitor therapy progress through a user-friendly sleep tracking app — including usage hours, mask seal, and events.

- Engagement with therapy data has been shown to significantly improve CPAP compliance and long-term therapy success.
- MedPro also monitors this data, allowing our team to:
  - Identify issues early
  - Adjust pressure, humidity, or comfort settings
  - Provide timely education and troubleshooting

References:

IClin Geriatr Med. 2014 August ; 30(3): 591–627. doi:10.1016/j.cger.2014.04.007.

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Form A: HSAT Requisition

All Referrals can be emailed to: