

# Care of the Infant on Optiflow

## When to use:

- Primary mode (>28 weeks corrected age)
- Post extubation mode (>26+0 weeks corrected age)
- FIO<sub>2</sub> <40% (unless medical decision)

## Flow rate:

- Start at 6-8L as per medical decision
- Ensure the centre of the ball on the flow meter is sitting at the desired number
- Wean by 0.5-1l every 24-48 hours as per medical decision

## Humidity:

- The F&P humidity monitors and adjusts the temperature to maintain a delivered temperature of 37 degrees
- Ensure all probes are correctly fitted and remain insitu
- The humidity fluid bag is self feeding – replace when it is almost empty

## Observation of Equipment:

- Hourly check of flow rate
- Hourly check of humidity temperature and level of water
- FiO<sub>2</sub> concentration
- The circuit needs changing every 7 days – check daily

## Observation of the Infant

- Hourly recordings of Heart rate, Resps rate and effort
- Monitor work of breathing- recession, head bobbing etc
- Monitor FIO<sub>2</sub> requirement and infants saturations
- Monitor desaturations and bradycaria
- If BP stable record x1 per shift
- Escalate to nurse in charge and/or medic if any changes to the above observations
- Check the infant is not lying on the tubing
- Care re nasal suctioning – should not routinely be required

# Care of the Infant on Optiflow

Wider range of sizes

Recommended nares occlusion of 50% should be used to size cannula.



APPROXIMATE AGE AND WEIGHT

Age and weight information should only be used as a guide. Ensure clinical judgement is used when sizing.



XS

NEW



Weight (Kg)*	0.5	1	2	2.5
Correlated age**	23 wkGA	28 wkGA	33.5 wkGA	35 wkGA



S



Weight (Kg)*	0.9	1	3.5	4
Correlated age**	27 wkGA	28 wkGA	40 wkGA	42.5 wkGA



M



Weight (Kg)*	1	1.5	8	10
Correlated age**	28 wkGA	31 wkGA	6.6 mo	15.4 mo



L



Weight (Kg)*	3	3.5	18	20
Correlated age**	37.5 wkGA	40 wkGA	4.9 yr	5.6 yr



XL



Weight (Kg)*	5	7	25	30
Correlated age**	47.5 wkGA	4.7 mo	7.6 yr	12 yr

Cannula images are true to scale  
25.4mm = 1 inch

wkGA = weeks of gestation; mo = months; yr = years  
\* Weight data is based on F&P product validation studies.  
\*\* Age data is a correlation to weight data based on a combination of Fentons, WHO and CDC growth charts.

## Cannula Size

- Use the size guide above as a starting point but all babies are different and may need to size up or size down
- The cannula should only fill 50% of the nares
- Care should be taken that the flanges are not pressing on the septum or the eyes

## Cannula fit

- Perform the cheeky test: If you gently squeeze the cheeks the prongs should remain in the nares. If they pop out, you will need to reposition and reassess

## Skin care

- Check position of nasal cannula hourly – clear space around nares
- Full assessment of septum /nares with cares
- Ensure nares are clean and dry
- Replace wiggle pads weekly and assess skin underneath. Escalate as required

## General care

- Check the infant is not lying on the tubing
- Check behind the ears for signs of rubbing from the wired part of the prong circuit
- Ensure supportive positioning
- Complete regular pain score