

## Patient Info

### Mouthpiece Ventilation (MPV)

#### What is MPV?

MPV is a technique using a ventilator known as a breathing machine to deliver a satisfying breath on-demand with a mouthpiece. MPV is helpful if you have a neuromuscular disease or spinal cord injury and need breathing support due to weak breathing muscles. Taking a breath from the mouthpiece and ventilator is easy. All you need to do is put your lips firmly around the mouthpiece and with your cheek muscles sip air through the mouthpiece, like sipping water through a straw. The ventilator will “know” that you are there and deliver a breath. You may feel a gentle stretch in your chest and then exhale. The ventilator with MPV can be set up on your wheelchair.

#### Why would you perform MPV?

- + To avoid using a breathing tube or having a tracheostomy;
- + To improve your quality of life; and
- + To allow you to be more mobile in daily life.

Use MPV for daily chest stretches and assist with your cough. Place your lips firmly on the mouthpiece and using your cheek muscles stack one breath on top of the other until your lungs feel full. Routine breath-stacking will:

- + Fill your lungs with air more than what you can do on your own;
- + Start a strong cough to help clear or prevent mucus from collecting in your lungs;
- + Improve chest movement and stretching;
- + Prevent small areas of the lung from collapsing; and
- + Increase your speech volume.

You can combine MPV breath-stacking with a manually assisted cough (MAC). MAC is a technique using forceful arms to assist your cough. MAC is applied when your lungs feel full and usually, will further increase the strength of your cough. MPV with MAC is best to do before meals and at bedtime to avoid the flowing back of liquid from your stomach. The doctor will tell you if MAC is suitable for you.

Ask your doctor if you are a candidate for MPV.

Visit our website and watch a video demonstration

[www.canventottawa.ca](http://www.canventottawa.ca)