



**National Registry of Emergency Medical Technicians®  
Paramedic Psychomotor Competency Portfolio Manual**

**CPAP AND PEEP SKILLS LAB FORM**

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Evaluator: \_\_\_\_\_ Student Evaluator: \_\_\_\_\_  
Signature Signature

**SCORING**

N/A	Not applicable for this patient
0	Unsuccessful; required critical or excessive prompting; inconsistent; not yet competent
1	Not yet competent, marginal or inconsistent, this includes partial attempts
2	Successful; competent; no prompting necessary

**Actual Time Started:** \_\_\_\_\_ **SCORE**

<b>Prepares patient</b>		
Takes or verbalizes appropriate PPE precautions		
Assures adequate blood pressure		
Positions patient in a position that will optimize ease of ventilation (high Fowler's)		
Assesses patient to identify indications for CPAP:		
Congestive heart failure		
Pulmonary edema		
Asthma		
Pneumonia		
COPD		
Assesses patient to identify contraindications for CPAP:		
Unconscious, unresponsive, inability to protect airway or inability to speak		
Inability to sit up		
Respiratory arrest or agonal respirations		
Nausea/vomiting		
Hypotension (systolic blood pressure < 90 mmHg)		
Suspected pneumothorax		
Cardiogenic shock		
Penetrating chest trauma		
Facial anomalies/trauma/burns		
Closed head injury		
Active upper GI bleeding or history of recent gastric surgery		
<b>Selects, checks, assembles equipment</b>		
Assembles mask and tubing according to manufacturer instructions		
Coaches patient how to breathe through mask		
Connects CPAP unit to suitable O <sub>2</sub> supply and attaches breathing circuit to device (not using oxygen regulator or flow meter)		
Turns on power/oxygen		
Sets device parameters:		
Turns the rate (frequency) dial to 8 – 12 per minute (based on local protocols)		
Turns the oxygen concentration dial to the lowest setting (28 – 29% oxygen)		
Titrates oxygen concentration to achieve an SpO <sub>2</sub> > 94%		
Sets tidal volume to 10 – 12 mL/kg (based on local protocols)		
Sets pressure relief valve at ± 4 cm/H <sub>2</sub> O (based on local protocols)		
Occludes tubing to test for peak pressure required to activate pressure relief valve and adjusts as necessary		

<b>Performs procedure</b>	
Places mask over mouth and nose (leaves EtCO <sub>2</sub> nasal cannula in place)	
Titrate CPAP pressure (based on local protocols/device dependent):	
Max 5 cm H <sub>2</sub> O for bronchospasm	
Max 10 cm H <sub>2</sub> O for CHF, pulmonary edema and pneumonia	
Max 5 cm H <sub>2</sub> O for pediatric patients	
Coaches patient to breathe normally and adjust to air pressure	
Frequently reassesses patient for desired effects:	
Decreased ventilatory distress	
SpO <sub>2</sub> > 94%	
Decreased adventitious lung sounds	
Absence of complications (barotrauma and pneumothorax)	
Records settings/readings and documents appropriately	
<b>Affective</b>	
Accepts evaluation and criticism professionally	
Shows willingness to learn	
Interacts with simulated patient and other personnel in professional manner	

**Actual Time Ended:** \_\_\_\_\_

**TOTAL**

/84
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**Critical Criteria**

- Failure to take or verbalize appropriate PPE precautions
- Failure to identify 2 indications
- Failure to identify 2 potential complications
- Failure to frequently reassess the patient after application of the CPAP device
- Failure to ensure that the patient understands the procedure
- Failure to set the proper parameters for the device (pressure relief, tidal volume, oxygen concentration, rate, etc.)
- Failure to test the pressure relief valve **prior to** application
- Exhibits unacceptable affect with patient or other personnel
- Failure to receive a total score of 64 or greater

**Comments:**

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**STUDENT SELF-EVALUATION** (The examiner is to ask the student to reflect on his/her performance and document his/her response to the following question:)

Were you successful or unsuccessful in this skill?     Successful  
 Unsuccessful