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Title: The effect of a structured technical training session on patient adherence to domiciliary non-invasive ventilation: A pre-post intervention study

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Body: INTRODUCTION: Patient adherence to the prescription of domiciliary non-invasive ventilation (NIV) at the time of initiation is variable. The aim of this study was to investigate the effect of a structured technical training session on NIV adherence. METHODS: 70 sequential stable hypercapnic patients, naive to NIV, were recruited over an 8 month period following the addition of a structured technical training session to the standard domiciliary NIV training session. Training was delivered on the day of discharge post inpatient NIV set up and titration. Group 1 (n=40) was given conventional training by nursing staff and Group 2 (n=30) recieved a structured one hour technical training session. Ventilator adherence at 6 weeks post initiation of NIV was measured. RESULTS: In group 1, 22 patients were male with a mean age of 59 years and arterial pCO₂ of 7.4kPa. Group 2 consisted of 12 male patients with a mean age of 59 years and arterial pCO₂ of 8.2kPa. There was a significant increase in daily NIV use with a median adherence (IQR) of 6hrs 34mins (4hrs 51mins - 7hrs 45mins) in the group who underwent the structured technical training session compared with the conventionally trained group with an median adherence of 4hrs 44mins (1hr 31mins - 7hrs 8mins; p = 0.01) at 6 weeks CONCLUSION: In this pre-post intervention trial, a structured technical training session in addition to the nurse training session increased patient adherence to domiciliary NIV at 6 weeks