

Let's Talk About...

Mouthpiece ventilation (MPV)

Mouthpiece ventilation (MPV) is a device used to assist the muscles that help you breathe. It is also called “sip” ventilation because you use a ventilator (breathing machine) and sip assisted breaths through a straw or mouthpiece when you're awake. An MPV can help relieve feelings of breathlessness.

Why should I use a MPV device?

Mouthpiece ventilation can:

- Improve your quality of life
- Improve your energy
- Help you recover faster from fatigue (tiredness)
- Improve your speaking ability

Why do I need an MPV device?

You may need an MPV if you are not breathing as well as you should be. Signs of breathing trouble include:

- Being very tired
- Headache when you wake up
- Shortness of breath
- Needing to sleep sitting up or with your head raised
- Weak cough
- Trouble clearing mucus from your lungs

In some conditions when the motor nerves (the nerves your brain uses to move your muscles) for your breathing muscles become weak, it can be hard for you to move air in and out of your lungs. Trouble breathing because of muscle weakness is the most common reason to use mouthpiece ventilation.



How do I get an MPV device?

If your physician has determined you would benefit from an MPV device, they will send an order to a durable medical equipment (DME) company. The company will deliver the device to your home and help you set it up.

After you receive your device, make an appointment with the pulmonary function lab at Primary Children's Outpatient services. The respiratory therapist and your physician will determine the right device settings at this appointment.

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