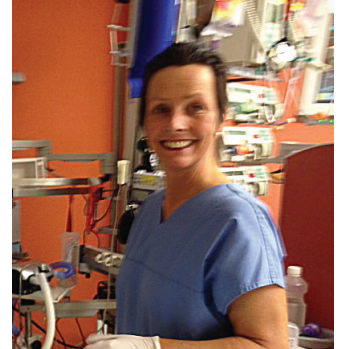




Astral™

Home care provider: Gabriele Helms

Patient condition: Duchenne muscular dystrophy



Gabriele Helms

*"We have evidence that young people on home ventilation have mental health and emotional quality of life measures comparable to that of young healthy people." — Gabriele*

Gabriele Helms has been helping ventilated patients to be managed at home for over 20 years.

As a home care provider in Germany, she has successfully trained carers of over 350 patients, and often the patients themselves, to master the technicalities of the ventilation equipment.

Gabriele says that in the beginning many are understandably apprehensive, especially those carers who are parents of their young ventilated child. Ensuring they feel confident with the equipment is vital.

Carers need to be competent with the various circuits and alarms, and be able to ensure good secretion management.

"It is very important [the ventilation device] is intuitive and easy to handle," Gabriele says. As technology in this area has advanced the management of the equipment has become easier to learn even for parents with no medical training.

This has been the case with Astral™ the newest ventilator from ResMed. Gabriele now has two young adult patients successfully established at home on Astral. Both have the progressively debilitating condition Duchenne

muscular dystrophy and require more than 16 hours a day of ventilation, one via a tracheostomy, the other via noninvasive ventilation.

Gabriele says the carers were "easily trained" in the ventilation device as well as the associated humidifier.

Astral's light weight, small size and extended battery life are expected to be especially important for this cohort of patients for whom quality of life is the ultimate goal.

Astral also requires low maintenance, with a full service scheduled at twice the time interval of most other ventilators. This means less intrusion in patients' day-to-day life.

In the end it is all about quality of life. Where possible, home care is commonly the preferred option for a resource-stretched hospital system, the carers, and most importantly the patients themselves.

"We have evidence that young people on home ventilation have mental health and emotional quality of life measures comparable to that of young healthy people," Gabriele says.

"In fact our two patients on Astral play and enjoy wheelchair hockey," she added.