

PAC Summary of Operating Instructions

NB. These instructions are not intended as a substitute for the full instruction manual.

1. Prepare the operating area (place mats under and inside the PAC, place a sleeping bag in the PAC, arrange shade or cover the PAC with sleeping bags).
2. Connect the pump.
3. Close the *variable pressure release valve*.
4. Insert the altimeter into pocket inside window (optional).
5. Explain to the patient how the PAC works and how to equalise ear pressure (the 'Valsalva manoeuvre').
6. Make sure the zip is fully open and help the patient into the PAC.
7. Commence pumping and close the PAC zipper, keeping constant eye and voice contact with patient.
8. Pump rapidly until the PAC wall is tensioned, and then pump steadily to inflate (pressurise) the PAC.
9. If the patient experiences ear pain, encourage them to equalize their ear pressure (Valsalva manoeuvre) while opening the *variable pressure release valve* and slow (or briefly stop) pumping until the pain is relieved. Once pain is relieved, resume inflation of the PAC.
10. The *automatic release valve* will start to 'hiss', and the yellow tab start to flutter, once the PAC is fully inflated.
11. Consider raising the head-end of the PAC by approximately 30° if the patient's symptoms are worse while lying down flat.
12. Maintain the minimum pumping rate of one pump every 5 seconds until you start to deflate the PAC (short breaks are permissible).
13. To end the treatment, open the *variable pressure release valve* and slow or stop the pumping. If ear pain occurs while deflating the PAC, close the *variable pressure release valve* and give a few quick pumps until the pain is relieved before resuming the deflation.
14. When the PAC wall loses most of its tension, open the zipper **completely**.

