



UK NAVA

Neurally Adjusted Ventilatory Assist (NAVA) vs conventional ventilation for patients at risk of difficult or prolonged weaning from invasive mechanical ventilation (IMV): The UK NAVA Trial

PATIENT & PUBLIC LEAFLET

Half of all patients who are admitted to intensive care have to be placed on a breathing machine called a ventilator. This provides support for breathing through a plastic tube in the windpipe. We know that being on a breathing machine is uncomfortable; requires the use of sedation; and leads to muscle wasting and damage to lungs. It is often associated with a period of confusion for patients, commonly referred to as 'delirium'.

Sometimes it can be difficult to get patients off ventilators, either because of their current illness or because they have underlying health problems.

The **UK NAVA** trial is testing a new piece of technology that better highlights to nurses and doctors what a patient is trying to do on their own and potentially improves the comfort and quality of support breaths.





We are doing a research study across 40 intensive care units to compare 'usual care' with the newer technology which is called 'NAVA'. We hope that the combination of the improved monitoring of patient's breathing and more comfortable ventilation support (with the breathing machine) will allow us to get patients off ventilators quicker. We won't know if this is the case without doing a trial.

If we find that NAVA helps patients get off ventilators quicker then it may both save lives and money. It may also mean that patients recover quicker after being in intensive care because they might have had less sedation, develop less muscle wastage and have better psychological recoveries.

A good summary would be to say that we are trying to find out if NAVA will save lives but also help return people to their lives.

EQUALITY, DIVERSITY & INCLUSION

Patients who go to intensive care come from all ethnic and social backgrounds. They include patients who have mental or physical disabilities. It is very important that we ensure that all these groups are represented in both the team who are doing the trial and in the patients/families who participate in the trial.

The UK NAVA trial is being led by King's College Hospital in South East London, which is at the heart of a very diverse community. Equality, diversity and inclusion is particularly important to the team behind UK NAVA.