

prisma JOURNAL

Online Software for the Sleep Therapy Devices prisma SOFT and prisma SMART

Dear prisma JOURNAL User,

With our software solution prisma JOURNAL developed especially for patients, you have simple access to your treatment data from the therapy devices

- prisma SMART or
- prisma SOFT.

prisma JOURNAL helps you to manage your therapy yourself. You can conveniently view your complete therapy data, generate a printable report and lots more.

Because your data are **not** uploaded to the Internet and are instead processed locally on your PC, they never leave your hands.

In this brief tutorial we show you the functions prisma JOURNAL offers.

We wish you success with your therapy and with prisma JOURNAL.

Your Löwenstein Team

Load Data

Remove the SD card from your therapy device prisma SMART or prisma SOFT and insert it in the SD slot in your computer.

Click the link <https://prismajournal.loewensteinmedical.de/> and open the prisma JOURNAL Website.

With a click on "Search" the file screen opens up. There you can select your SD card (in Windows, for example, under "My Computer").

On the SD card select the file **statistic.psstat**. The overview of the last month opens automatically.

In the upper line you can select different **reporting periods** up to one year in the past. You can see at a glance the mean values of the most important therapy parameters for the selected period and information about your therapy device and settings.

The screenshot shows the 'prisma JOURNAL' interface for user 'Grünewald, Anne'. The '1 month' reporting period is selected. The main display shows usage statistics: 5:04 h Usage, 9 /h AHI, 9 % Leakages, and 13 hPa Pressure. Below this, a table shows 'Days according to usage hours' with categories like 'Days without usage', 'Days with less than 3 hours', 'Days with 3-4 hours', 'Days with 4-5 hours', 'Days with 5-6 hours', and 'Days with more than 6 hours'. At the bottom, 'My therapy device' information is displayed, including Device (prisma SMART), Version (2.1.0005), Mode (APAP), softPAP level (soft1), Therapy pressure (min 8 hPa, max 14 hPa).

A red box highlights a dialog box titled 'loewensteinmedical.de benötigt bestimmte Informationen.' with the text 'Skript-Eingabeaufforderung: Please enter your name:'. The name 'Grünewald, Anne' is entered in the text field. The dialog has 'OK' and 'Abbrechen' buttons.

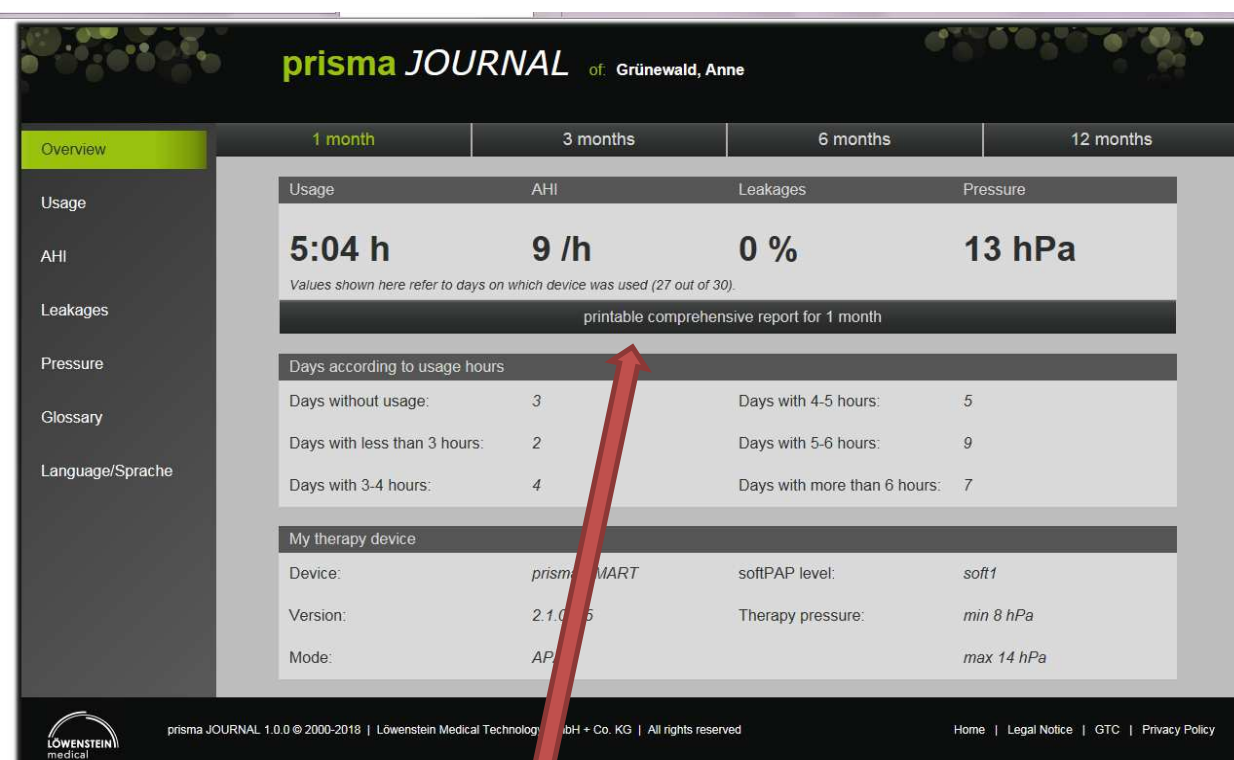
By clicking on Surname, First name, you open up a dialog in which you can enter your name.

Navigating & Report Printing



Please do **not** use the "Back" button in your browser but the following buttons from prisma JOURNAL instead:

To go back to the initial screen of the overview, click either "**Overview**" or on the words "prisma JOURNAL".



prisma JOURNAL of: Grünewald, Anne

Overview | 1 month | 3 months | 6 months | 12 months

Usage	AHI	Leakages	Pressure
5:04 h	9 /h	0 %	13 hPa

Values shown here refer to days on which device was used (27 out of 30).

[printable comprehensive report for 1 month](#)

Days according to usage hours			
Days without usage:	3	Days with 4-5 hours:	5
Days with less than 3 hours:	2	Days with 5-6 hours:	9
Days with 3-4 hours:	4	Days with more than 6 hours:	7

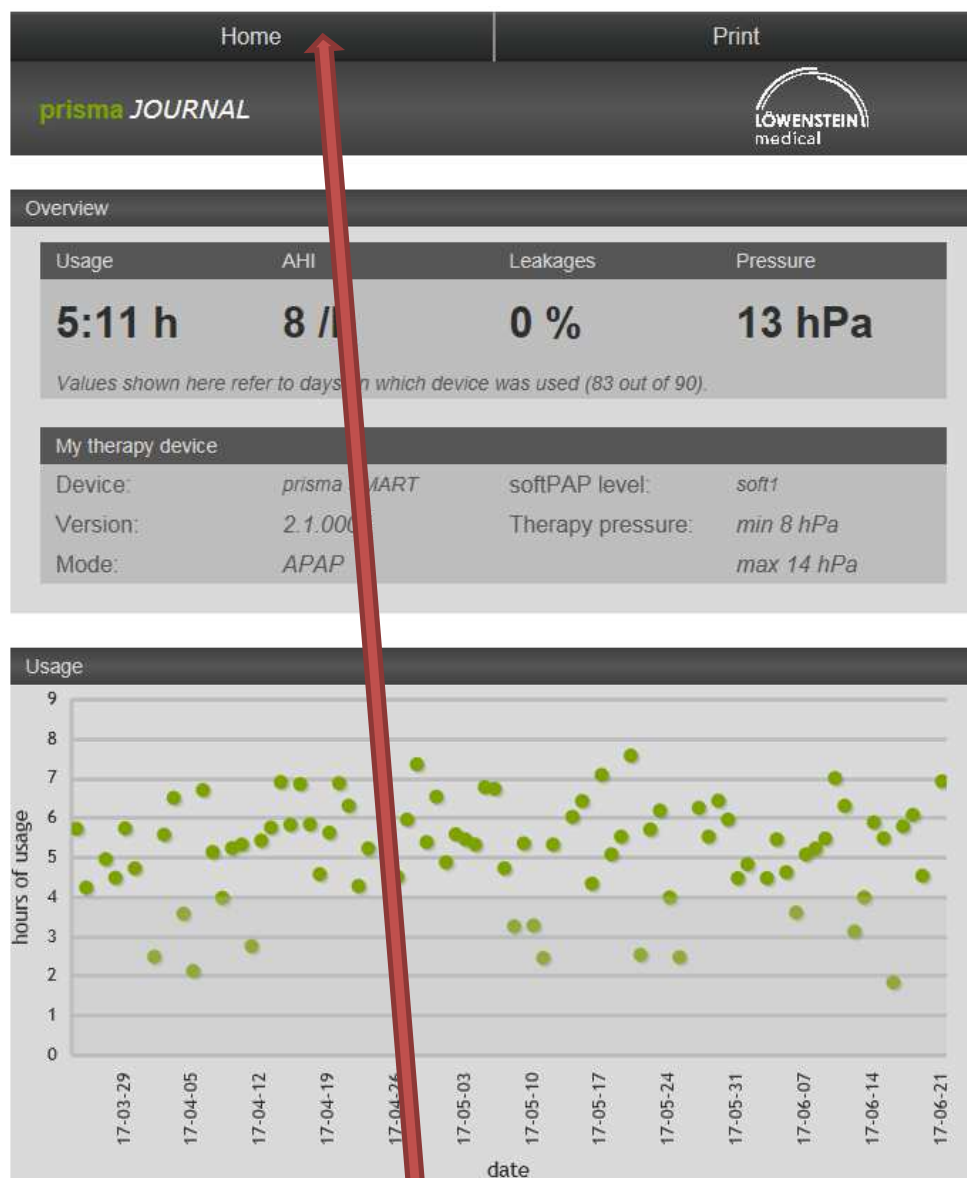
My therapy device			
Device:	prisma MART	softPAP level:	soft1
Version:	2.1.0.5	Therapy pressure:	min 8 hPa
Mode:	AP		max 14 hPa

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When you click the button "**printable comprehensive report**", you will receive a detailed overview in color for the selected period.

Excerpt from printable comprehensive report

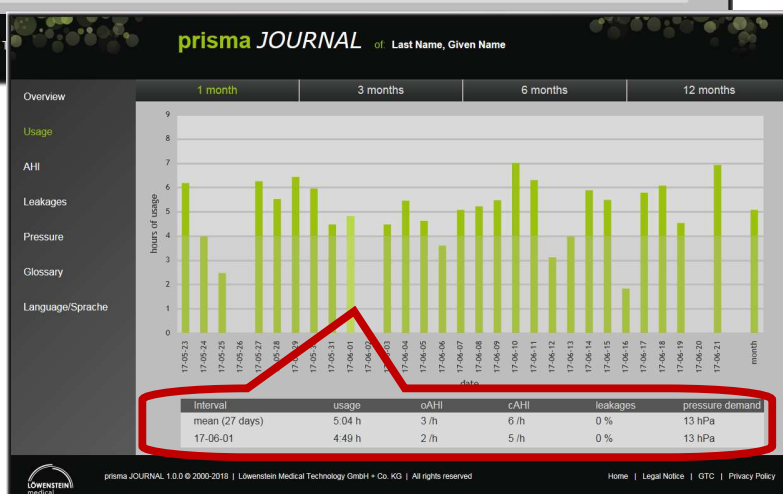
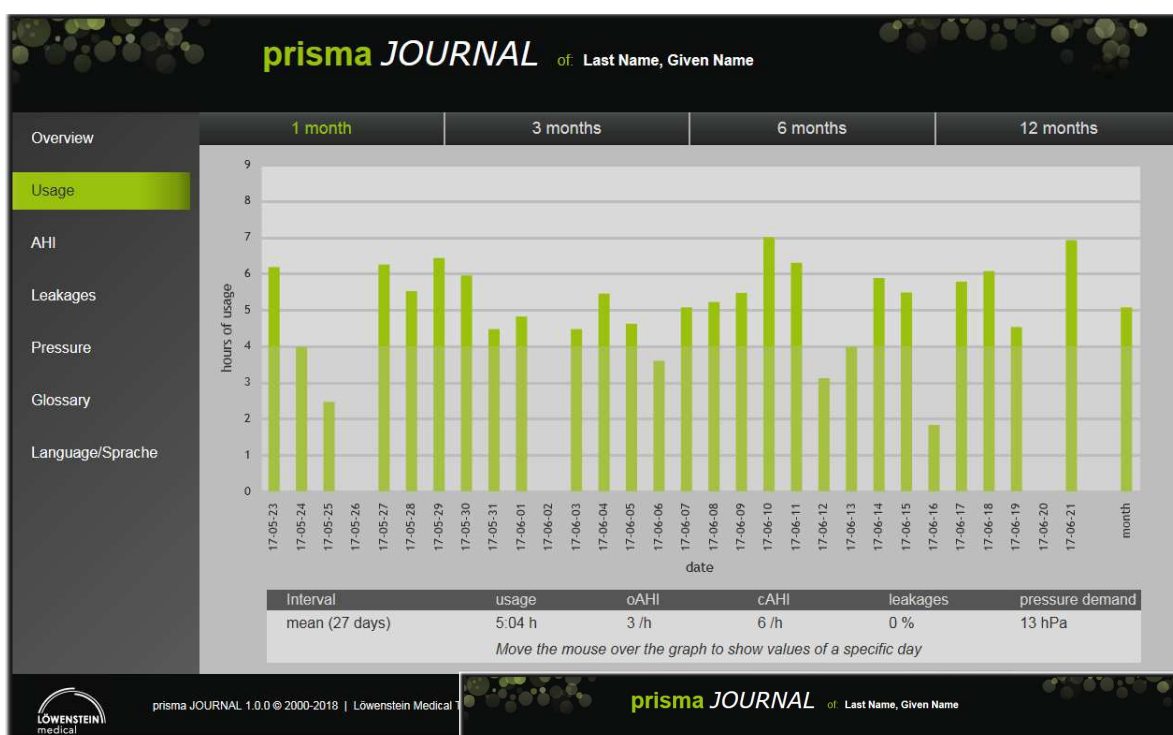


To return to the overview, click on "Home".

Usage

When you click the selection "Usage" in the menu on the left-hand side, you will obtain detailed information about the hours of usage.

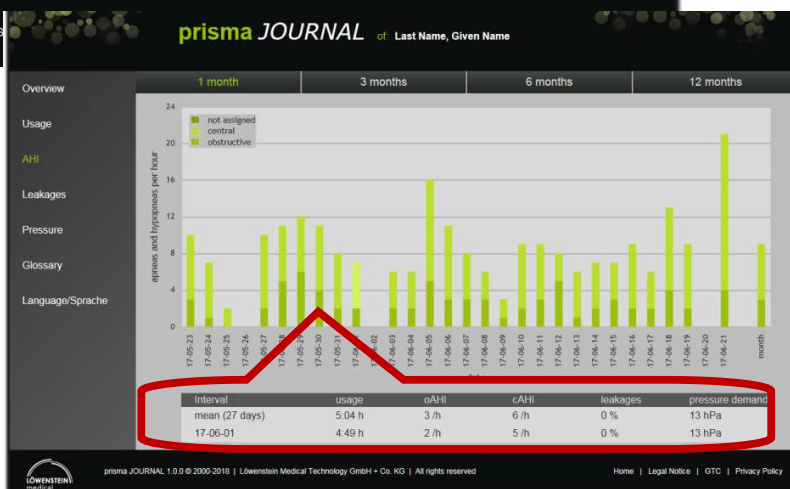
You can take a closer look at the data for one day by clicking on the colored column (or points with reporting periods > 1 month) or by moving the mouse over the columns/points.



AHI (Apnea - Hypopnea Index)

The AHI numbers (apneas + hypopneas per hour; divided into central AHI and obstructive AHI) give you an indication of how effective your therapy is.

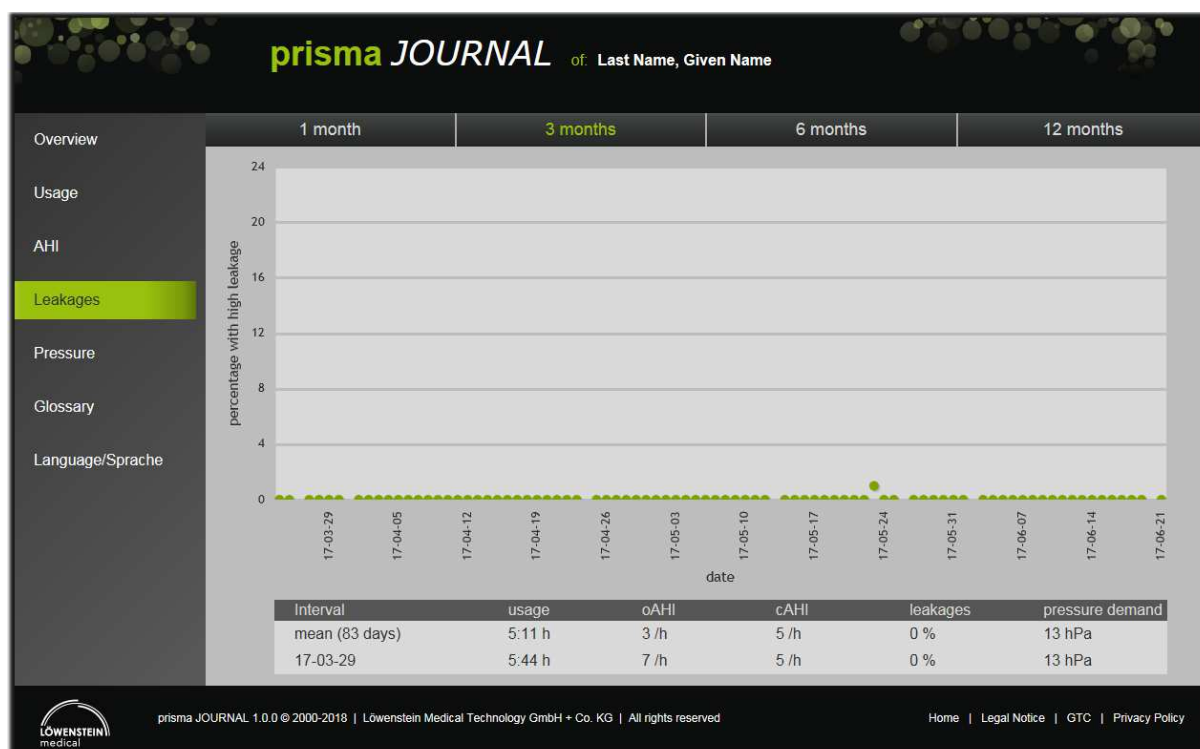
Please contact your doctor if you see that the AHI is higher over an extended period or is higher than 10. If necessary, the doctor will then adjust the pressure or the pressure limits on your therapy device.



Mask Leakage

Under the menu selection "Leakages" the portion of the therapy time (in %) with a critically high leakage is displayed. Low mask leakage is very important for effective and comfortable therapy. The phases with critically high leakage should be reduced to a minimum or prevented entirely to ensure unimpaired device reaction and high therapy effectiveness.

If the portion of your therapy with leakage is too high, we recommend that you check the fit of your mask. To do so, you can use the mask test function on your therapy device (see the Instructions for Use for your therapy device). If you cannot make the mask comfortably airtight with a readjustment of the headgear, please contact your dealer.



Pressure Needs (P90) in hPa

Under **APAP Therapy** the pressure needs of every therapy day are shown as the 90% percentile, i.e., the maximum pressure which was sufficient for 90% of the night (pressure was higher for 10% of the night). If the pressure needs regularly correspond to the previously set maximum pressure limits and apnea still occurs, it can be a sign that the therapy pressure is insufficient. In that case, please contact your doctor so that the pressure limits can be adjusted in the settings for your therapy device if necessary. The reverse case applies when the device regularly reaches minimum pressure without the occurrence of apnea.

Under **CPAP Therapy** you'll see the permanently set pressure.

