

Community Respiratory Specialist Team

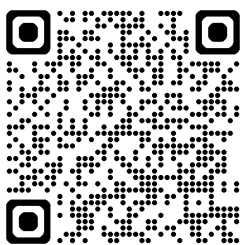
Home Oxygen Service



**Information for people in our care,
relatives, and carers.**

Service hours: 9am – 5pm

Telephone: 0300 124 5909



Service provided by

Sirona
care & health

Introduction

This leaflet has been designed to give you information about Sirona's Home Oxygen Service. We hope it answers some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team. It aims to help you understand more about what is discussed. If you have any questions about the information below, please contact us.

About the Home Oxygen Service

Sirona Oxygen service assesses patients if their healthcare professional thinks they may benefit from oxygen.

The service also reviews patients currently using oxygen and provides ongoing support advice and education to patients and healthcare staff. This can include all aspects of living and travelling with oxygen.

If oxygen is prescribed, the oxygen equipment will be delivered to your home and installed by engineers from Air Liquide Healthcare.

What is home oxygen therapy?

Home oxygen therapy involves breathing in air that contains more oxygen than normal from a mask or tube connected to a cylinder or machine in your home. This therapy is prescribed by a health care professional if you have a lung condition that causes low oxygen levels in your blood.

How does oxygen work?

Oxygen is needed for all the organs of the body to function well. If the lungs cannot get enough oxygen into the bloodstream (for example, if you have lung disease) this can put a strain on the heart. Oxygen therapy can reduce this strain on both your lungs and heart. It can help you walk further; improve your memory, alertness, sleep, mood and general wellbeing. It can improve life expectancy.

It is important to remember that oxygen will not prevent breathlessness.

What are the different types of home oxygen

- Long term oxygen therapy (LTOT) - oxygen supplied via a static machine in your home for a minimum of 15hours a day.
- Ambulatory oxygen Therapy (AOT) - oxygen required for only when exercising or exerting yourself.
- Palliative oxygen therapy (POT) - oxygen to manage severe breathlessness that doesn't respond to other treatments.

It is important that you only use the oxygen as prescribed by your health care professional.

What your appointment with us might include -

Six-minute walk test

We will then ask you to perform a six-minute walk test. You will need to walk along a flat corridor for six minutes at your own comfortable pace. At the same time, you will be wearing a probe on your ear or finger to measure your blood oxygen level.

Blood gasses assessment test

You may have a blood test to measure how well your lungs can provide oxygen to your body and remove waste products such as carbon dioxide. It may involve taking a sample of blood from your artery in your wrist or making a small cut on your ear lobe and taking a sample of this blood.

Blood gasses: ABG or CBG

A blood gas is a special blood test which is used to assess the gases in your blood, in particular your blood oxygen but also your carbon dioxide levels. By measuring the levels of these two gases we can tell how efficiently your lungs are working and whether you require oxygen therapy.

A capillary gas is a relatively simple way of obtaining a blood sample from a small blood vessel called a capillary in the earlobe. The test involves having a small amount of a warming cream applied to an earlobe that helps increase blood flow, the cream will make your earlobe feel hot and appear red in

colour. After approximately 20 minutes the healthcare professional will make a small cut in the ear lobe and the blood droplets that form is then captured in a small plastic tube called a capillary tube.

An ABG test is also a safe low risk procedure. However, as the test is performed on an artery which is deeper within the body than a vein, there may be some slight pain. The most common complication is excess bleeding or bruising at the puncture site. Pressure will be applied to where the blood was taken from for several minutes to stop any more bleeding. You should tell your healthcare provider if you're currently taking any blood thinners, such as Warfarin.

After the test, you may then be asked to breathe oxygen through a tube for at least 30 minutes before a second blood sample is taken. In some cases, you may need a second appointment three weeks later for a second blood test. This is to check that you have consistently low levels of oxygen in your blood before a decision is made.

Safety advice for Home Oxygen Therapy

Do not:

- Increase/decrease your oxygen without seeking advice.
- Smoke or vape when using oxygen.
- Use the oxygen when cooking with gas.
- Leave your oxygen running when not in use.
- Allow others to smoke near the oxygen.
- Use flammable products, such as cleaning fluids, paint thinner, petroleum-based creams or aerosols, when you are on oxygen therapy.
- Use oxygen near naked flames (risk assessments will be completed prior to provision of oxygen).
- Do not adjust the flow rate of the oxygen (this will be done by the Community Oxygen Service following reassessment).

Do:

- Use your oxygen as prescribed and advised by the home oxygen service.
- Inform the local fire service that you have oxygen in the house.

- Inform your electricity supplier that you are using oxygen concentrator - you will be put on a priority list for reconnection in the event of power failure.
- Inform your home insurance company - this should not affect your premium.
- Have a working smoke alarm in your home and test it once a month.
- Keep oxygen cylinders upright, especially when travelling in a vehicle.
- Let your health care professional know if you are at risk of tripping over your oxygen tubing.

Top Tips!

- Change your nasal cannula every 4 weeks, if unclean or if you have had a chest infection.
- Order your oxygen refills promptly to avoid running out.
- Speak to your home oxygen service if you feel you need a change of equipment, or if your needs have changed.
- Request ear protectors if you notice your skin is becoming sore from the oxygen tubing.

**Your home oxygen supplier in this area is: Air Liquide:
0808 143 9999**

**Please contact them for more nasal cannula or masks, equipment refills
or for issues regarding your oxygen equipment.**

Date of meeting:

Discussion Points:

Your appointment schedule:

Contact details:

Telephone: 0300 124 5909

Let us know what you think and get involved.

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website \(sirona-cic.org.uk\)](http://sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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