

Home oxygen service

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net

Following your oxygen assessment today your oxygen nurse specialist has assessed that you require oxygen therapy at home to treat your low oxygen levels.

This leaflet provides information on how to use the oxygen equipment and contains important safety information.

Flow rate, number of hours and correct use

Your oxygen has been prescribed at a flow rate of:

litres for

hours over a period of 24 hours.

The flow rate should not be adjusted unless it has been authorised by your oxygen prescriber.

We recommend that you use it:

Key points to remember

- If you experience any of the following when using oxygen, remove the oxygen and inform your oxygen assessment nurse:
 - Severe morning headaches
 - Restlessness
 - Confusion
 - Muscle spasms/twitching

- When you are using your oxygen, **do not** change your oxygen flow rate before speaking to your oxygen assessment nurse.
- Keep taking all your usual medication.
- Keep as active as possible – you do not need to sit next to the oxygen supply.
- If your nose becomes dry or sore, use only water-based gel to moisturise.
- If the tubing makes your ears sore, ear padding can be supplied by the oxygen company.

Oxygen equipment



Concentrator

- Produces oxygen from the room air – does not need to be replaced.
- Constant supply of oxygen – it will not run out.
- Easily switched ON / OFF.
- Some of the cost of the electricity use is reimbursed to you.
- Positioned to suit you and your accommodation.
- Tubing will be cut to a safe length to enable you to walk around the home wearing the oxygen equipment.



Large back-up cylinder

- The oxygen company will replace it as necessary
- This back-up cylinder is for use in the event of a power cut or breakdown of your concentrator **only**.
- The oxygen supplier will calibrate it to last for 8 hours on your current oxygen flow rate.

Safety

- Do not alter the flow rate – it may be harmful to your health.
- DO NOT SMOKE – oxygen is highly flammable.
- Only use the tubing, masks / cannula supplied with the equipment – you may not receive the correct amount of oxygen with other supplies.
- Be aware of the trip hazard of the oxygen tubing on the floor.
- The oxygen supplier will carry out a field risk assessment in your home when the equipment is installed and will advise you on safety issues.

You will be reviewed in:

Weeks / months in the outpatient department.

Contact details

You should always contact your GP if you are feeling unwell.

If you have problems with the oxygen equipment, please contact the oxygen supplier Air Liquid on the patient support line on **0808 143 9999** or email alhomecare.patientsupport@nhs.net

If you have any questions about your oxygen therapy that you would like to discuss, your oxygen assessment nurse can be contacted via the office number on **01271 337811**, Monday to Friday.

Further information

British Lung Foundation patient support line: 03000 030 555 www.Blf.org.uk

For information on how to stop smoking, see your GP or practice nurse.

Alternatively, phone the Devon Stop Smoking Service on 01392 908139 or visit their website at www.smokefreedevon.org.uk

Holidays with oxygen

Should you wish to go on holiday in the United Kingdom, the oxygen supplier will arrange a duplicate of your current equipment at your holiday destination. Please contact your oxygen supplier direct to discuss your holiday equipment requirements. Allow plenty of time for planning.

Air Liquid Tel: **0808 143 9999**
Email: alhomecare.patientsupport@nhs.net

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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