

Home Oxygen

Glenda Esmond

Respiratory Nurse Consultant

Central London Community Healthcare NHS Trust

Reasons for Home Oxygen Therapy

- Low oxygen levels in the blood (hypoxaemia)
 - Chronic requiring long term oxygen therapy (LTOT)
 - Exacerbations (chest infections) requiring temporary supply of oxygen
- Drop in oxygen levels during exercise (desaturation)
 - Ambulatory supply to use outside the home
Ambulatory supply to use when undertaking activities or exercise
- It is not a treatment for breathlessness unless there are low oxygen level

Long Term Oxygen Therapy (LTOT)

- The provision of oxygen therapy for use at home for patients with chronic hypoxaemia (low oxygen levels in blood).
- It is usually given for at least 15 hours daily, to include night time.
 - Increases life expectancy
 - Increases quality of life
 - Prevents ankle swelling

Assessment for Long Term Oxygen Therapy (LTOT)

- Referral for specialist assessment:
 - Oxygen levels (SpO_2) less than 92%
 - Optimum treatment for underlying condition
 - Clinical stability - 5 weeks post chest infections (exacerbations)
- Assessment
 - Blood sample from artery (arterial blood gases) to check for hypoxaemia (low oxygen levels in blood)
 - Checks for presence of high carbon dioxide levels (waste gas of breathing)
- LTOT indicated
 - Arterial blood test (PaO_2) is less or equal to ≤ 7.3 kPa (approximately 90% using finger oximeter)

How is LTOT provided at Home

Oxygen Concentrator



Ambulatory Oxygen Therapy

- The provision of oxygen therapy during exercise and activities of daily living
- Use while outside the home
 - Assist with increasing activity
 - Ensure at least 15 hours oxygen therapy is achieved for those on LTOT

Assessment for Ambulatory Oxygen

- Aim of the assessment
 - Confirm that during activity that oxygen levels drop (desaturation)
 - Ensure the flow rate & equipment combination will be sufficient to correct low oxygen levels
 - to familiarise the patient with the equipment.
- Assessment
 - Walking test (6 minute or shuttle walking test)
 - On air and oxygen

How is Ambulatory Oxygen Provided

- Standard ambulatory cylinders (approx. 3.2kg / 7lb)
- Lightweight ambulatory cylinders (approx. 2.1kg / 4.6lb)
- Liquid oxygen system (2.5kg – 3.9kg)



Is Oxygen Safe to Use at Home?

- Oxygen is safe provided:
 - Assessment is undertaken to identify correct flow rate without causing carbon dioxide retention (waste gas of breathing)
 - The oxygen equipment flow rate is not altered unless clinician advises change
 - Risk assessment to identify environmental hazards

Fire Hazards



Practical advice

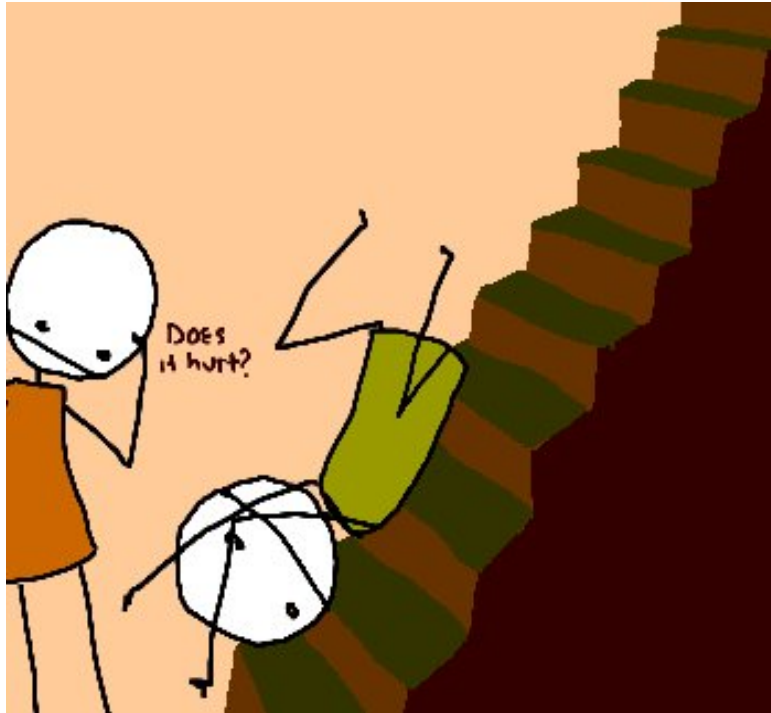
- Risk assessment
- Assessment of environment
- Smoking cessation
- Education
- Fire breaks in tubing
- Inform fire service
- Consider if Vulnerable Adult / Child



OXYGEN IN USE
NO SMOKING OR
OPEN FLAME



Trips & Falls



Practical advice:

- Risk assessment
- Home visit / assess environment
- Request pipe in
- Education
- Falls assessment / clinic

Introduction of New Home Oxygen Contract

- The procurement of new oxygen contracts will result in additional equipment being available

Region	Service Commencement Date
East of England	28 th September 2011
North East	1 st November 2011
London	28 th March 2012
South Central	28 th March 2012
South East Coast	28 th March 2012
East Midlands	1 st May 2012
Yorkshire & Humberside	1 st May 2012
North West	27 th June 2012
Wales	27 th June 2012
West Midlands	2 nd October 2012
South West	TBC

Changes to Home Oxygen Service

- Availability of new technologies
 - Need to assess patients using equipment
- Clinician rather than supplier choose equipment
- Prescription via Home Oxygen Order Form (HOOF)
 - Part A: Temporary / Pre assessment
(Concentrator & Static Cylinder)
 - Part B: All equipment modalities following assessment
- Greater emphasis on safety
 - Risk assessments
 - Fire service informed

Home Oxygen Equipment

available since 2006



Transportable Oxygen Concentrators

available under new service



0.5 – 3 L /min continuous
0.5 – 6 L/min pulse
Battery 1.8 – 5.3 hrs
Weight 8.3 – 8.6 kg

Portable Concentrators

available under new service



Pulse dose (1 -5 settings)
3.3 – 4.5 kg (with battery)
2 – 5 hour battery life

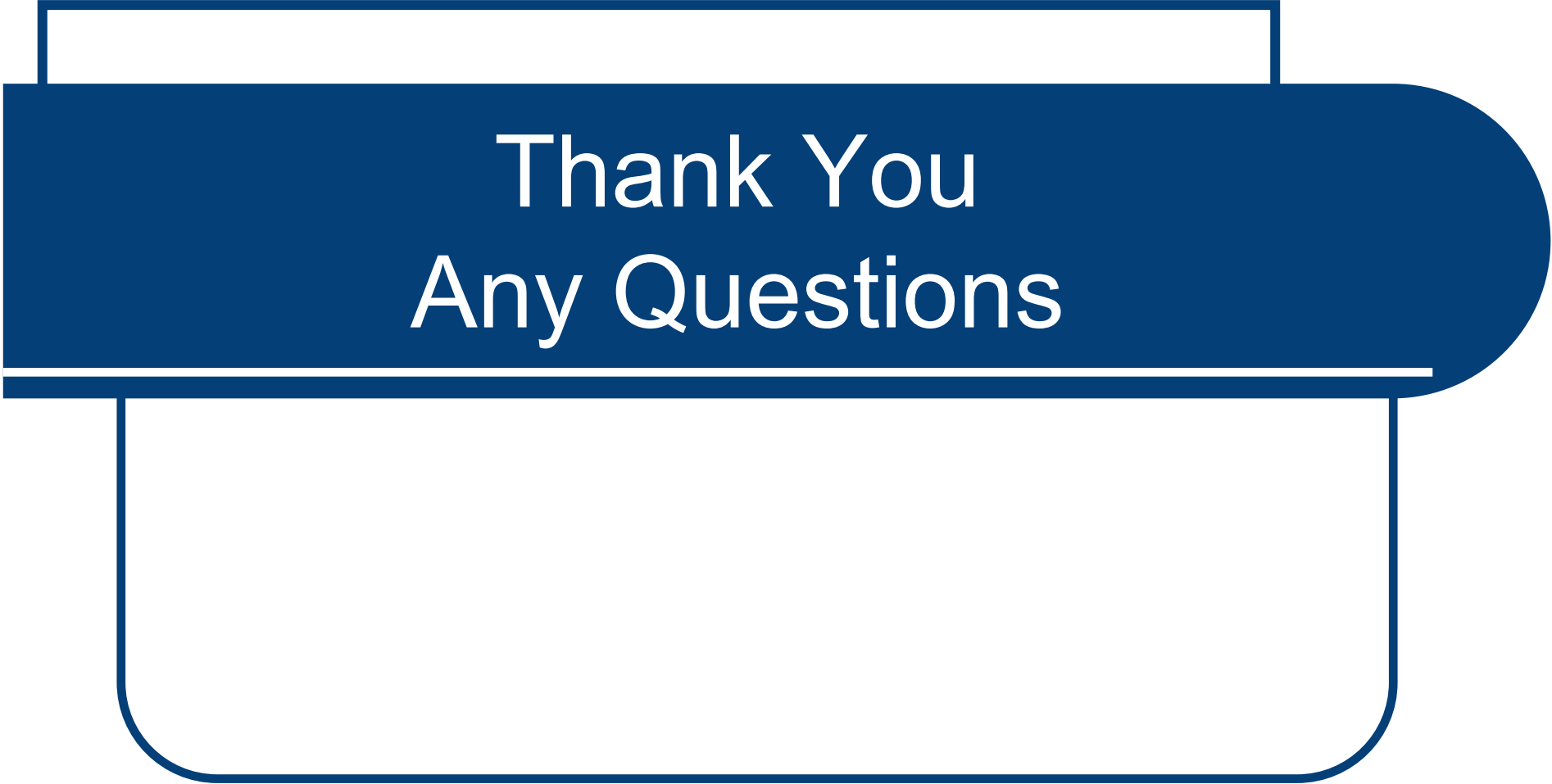
Self-Fill Concentrators

available under new service



Going on Holiday

- If you are going on holiday in UK and you need the same oxygen equipment you have at home, just phone oxygen supplier and they will place order for you.
- If different amounts of oxygen is required a new prescription (HOOF) is required by your Dr or nurse
- Holidays outside the UK are not covered under NHS, but oxygen can be privately organised
- If you are planning to fly you may need a fitness to fly assessment



Thank You
Any Questions