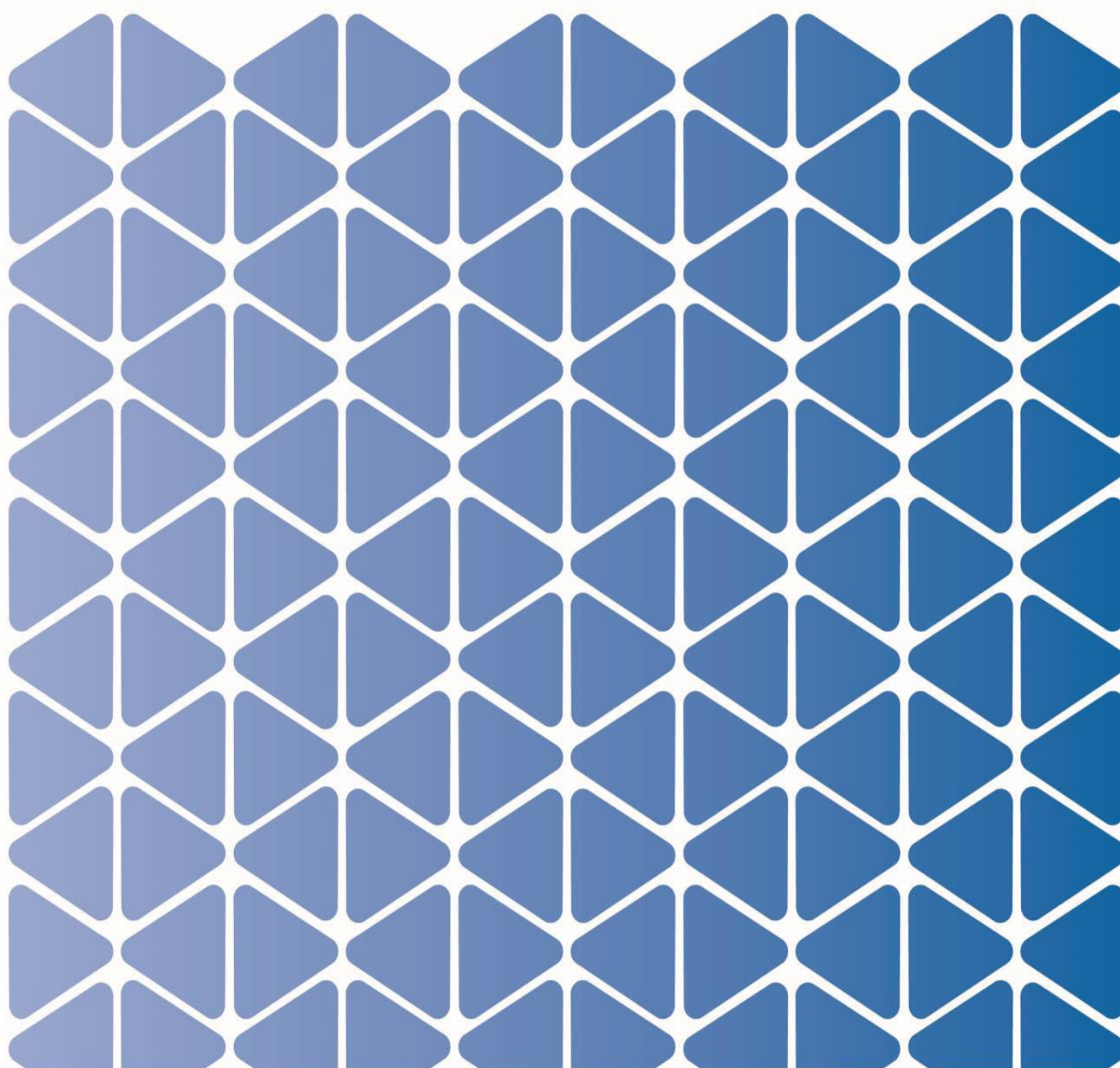


USING AMBULATORY OXYGEN THERAPY

An information guide



Ambulatory oxygen information

Ambulatory oxygen is a portable treatment to be used when doing activity; such as walking, shopping or gardening. Portable oxygen is mostly used for use outdoors, but can be used for tasks such as housework.

It is usually supplied as cylinders which can either be carried in the back pack supplied, wheeled on a small trolley or carried by someone for you.

What are the benefits of ambulatory oxygen?

It supplies the body with extra oxygen when it is working at its hardest when you are moving. Oxygen is the fuel your muscles use when they are working. If your lungs are damaged they may not be able to give the amount of oxygen required by your body and it may be one of the reasons your feel breathless when walking around.

When should I use the oxygen?

Ambulatory oxygen should only be used when you are moving around. This is when it will work best by giving the body oxygen when it needs it. It should not be used when sat still as the body does not need as much oxygen and over-using oxygen can cause harm.

When not using the oxygen, it should be turned off.

If you use nasal cannulae (prongs):

Wash the nasal prongs with soap and water once or twice a week. Follow the manufacturer's instructions on caring for your equipment. **Replace** the prongs every two to four weeks. If you have a cold or the flu, change them when your symptoms pass. Your home oxygen supplier can provide these for you.

Use a water-based moisturiser (such as KY Jelly or similar) on your lips and in your nose to prevent drying and cracking. Read labels, and look for a product that lists water as the first ingredient.

Do not use petroleum-based products (such as Vaseline petroleum jelly) as these can plug air holes and are also a fire hazard and can potentially cause chemical burns.

What happens when my oxygen is running low?

You are responsible for re-ordering refills from Baywater. Baywater are the oxygen supplier for the West Midlands. The gauge on the cylinder will indicate the amount of oxygen left. Please ensure you re-order in a timely manner. This means never allowing all your cylinders to run empty, never requesting same day deliveries and planning

ahead for weekends and bank holidays. All oxygen equipment does require servicing; the oxygen company will arrange to carry this out with you directly.

My Oxygen prescription: Valid from:

The oxygen flow rate should be set at litres a minute

You should use your oxygen for tasks such as

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You MUST NOT increase the flow rate unless advised to by your clinician. You must not wear the oxygen when you are resting.

Important safety advice when using oxygen

Do use the oxygen at the flow rate prescribed by nurse/ therapist

Do turn the cylinder off when you are not using

Do not light candle, fires, gas cookers, smoke or vape when you are wearing your oxygen, or for 20 minutes after turning oxygen off. There is a serious fire risk.

Never smoke or vape or let anyone smoke or vape while you are wearing oxygen

Do not drink alcohol to excess or take sedative drugs unless prescribed by a health care professional

Important numbers

Worcestershire Home Oxygen Service (Mon- Fri, 9am-5pm): 01905 681062

COPD Team (Mon- Fri, 9am-5pm): 01905 760023

Worcester Royal Respiratory Nurses (Mon- Fri, 9am-5pm): 01905 760255

Alexandra Hospital Respiratory Nurses (Mon- Fri, 9am-5pm): 01527 503887

For top up of cylinders replacement of equipment or holiday deliveries, please contact Baywater who are the specified contractor to supply your prescribed oxygen requirements.

Telephone number: 0800 373 580

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.