

Community Respiratory Service. Long Term Oxygen Therapy.

You have recently been seen by a specialist who has advised you to use Long Term Oxygen Therapy oxygen.

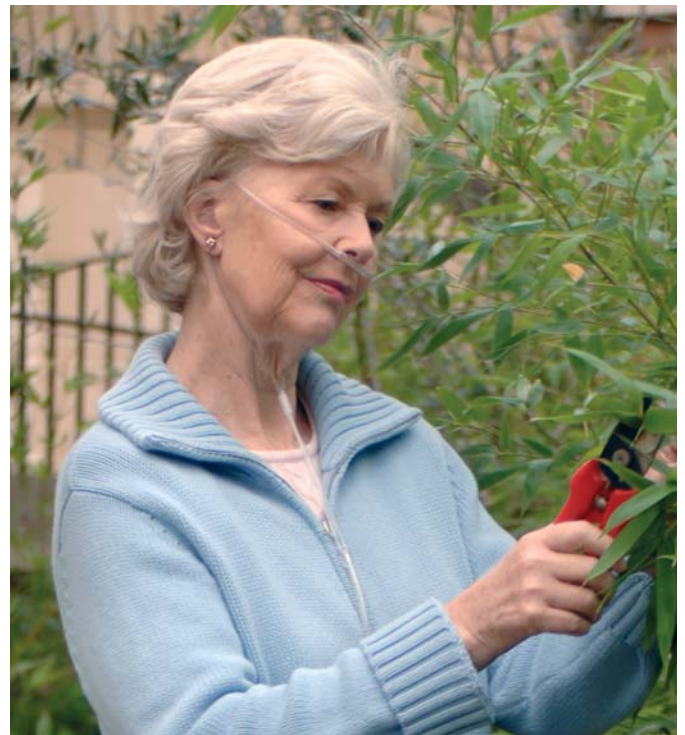
Long Term Oxygen Therapy is also known as LTOT for short.

Why do I need Long Term oxygen Therapy (LTOT)?

When you breathe in and your lungs fill with air, oxygen passes through the walls of the air sacs within the lungs (alveoli) into your blood stream. The oxygenated blood is carried to the heart. The heart pumps the blood through your arteries to the muscles and tissues in your body, where it is used to make energy.

Your assessment has shown that the oxygen level in your blood is low. We have tested the oxygen in your blood by measuring your pulse oximetry. This is when we put a small clip on your finger which measures the percentage of your red blood cells that carry oxygen. We have also performed a blood test. This is either a small pin prick test of your ear lobe or blood from an artery. It is different from the blood test that your doctor or nurse would normally take from your arm. This blood test measures the gases in your blood. This has shown that you have low levels of oxygen in your blood.

This needs to be improved to make sure that all of your muscles and organs are getting enough oxygen to work properly. If oxygen levels remain low, then strain is put on the right side of the heart. Long Term Oxygen Therapy has been proven to reduce this strain. This therapy is usually life long.



Oxygen can help manage your symptoms by:

- Improving the amount of exercise or activity you do
- Reducing feelings of tiredness or fatigue
- Improving your ability to sleep
- Improving the quality of life by allowing you to do more and helping you feel more comfortable

When should I use my Long Term Oxygen Therapy?

The term Long Term Oxygen Therapy (LTOT) relates to oxygen being used for a minimum of 15 hours per day.

The 15 hours a day can be broken up to make it easier for you without being too disruptive. We would recommend that you use the oxygen overnight and make up the rest of the hours in blocks during the day.

LTOT is usually provided via a nasal cannula. This is a thin tube that takes the oxygen to your nose. Sometimes you may be given an oxygen mask, these are not as flexible as nasal cannula and may cause your nose and ears to become sore.

For safety instructions when using your oxygen therapy, please refer to the section "Oxygen Safety".

At what rate and for how long should I use my oxygen for?

You should use your oxygen at: _____ litres/min

You should use your oxygen for a minimum of 15 hours per day.

Your home oxygen supplier will show you how to set the flow rate. If the oxygen company tells you that you are using too much oxygen then please contact us to arrange a re-assessment.

It is important that you do not change the flow rate of your oxygen. Increasing your oxygen flow rate without a proper assessment can be dangerous. If you feel that you need a higher flow rate or need more oxygen then we can arrange for you to be reassessed. Oxygen is a drug and should be treated like any other medicine you normally take.

How will my oxygen be supplied?

The oxygen will normally be supplied by an oxygen concentrator. This is a machine about the size of a standard kitchen bin. It works by concentrating the oxygen in the air. It can be used with a long section of tubing to reach around the house. The concentrator needs electricity to work, so it will need to be located near a power supply. You will be given a back up cylinder to use if there is a power failure.

The provider of your oxygen supply can fix the oxygen tubing around your house. The oxygen tubing running from either the concentrator or fixed point can be up to 15 meters in length. Your home oxygen provider will carry out a risk assessment of your house and provide you with more information on having a fixed installation.

Before your home oxygen is delivered you may want to think about where the concentrator could go. You should also think about what rooms in your house you need the oxygen to reach to.

The specialist that performed your assessment and advised you to have home oxygen therapy will contact the oxygen supplier to order your oxygen. The oxygen supplier should telephone you to arrange delivery of your oxygen. If you have not heard from them within one week then please contact the Community Respiratory Service. The home oxygen supplier will arrange the delivery of your oxygen direct with you. On their first visit they will show you how to use the equipment and will give you their contact details. If you have any questions or problems with using the equipment they provide, you can contact them directly or contact us. If there is a fault with your equipment the please contact the home oxygen supplier.

What follow up will I receive?

The Community Respiratory Service will see you at home within 4 weeks. We will check that you understand your home oxygen therapy and answer any questions that you may have.

We will also see you in 3 months to repeat your blood gases. This is to monitor the oxygen levels in your blood. It is also an opportunity for you to ask any questions you may have about your home oxygen therapy.

We will then see you at regular intervals and each year we will test you blood gases.

You will continue to be seen by the Community Respiratory Service. If you are unsure of your appointment, or if you have any questions or comments then please contact us.

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