

## Home oxygen treatment

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You have been diagnosed with a reduction in your blood oxygen level, and the doctor recommends that you start using regular oxygen treatment at home. This is done to relieve the symptoms caused by oxygen deficiency. Oxygen treatment is almost always life-long. The cessation of smoking is a precondition for oxygen treatment. Oxygen treatment enables patients to live at home and helps avoid the need of institutional care.

### The aims of the treatment

- to restore the normal level of oxygenation in the body
- to prolong life
- to reduce symptoms of breathlessness
- to improve the ability to tolerate exertion and to improve mobility and coping at home
- to improve quality of life
- the improvement in blood oxygen saturation level also helps the heart to tolerate the stress caused by the chronic lung disease

### Examination

Oxygen deficiency is diagnosed from an arterial blood sample (a-astrup). The oxygen saturation in the arterial blood is registered with an oximeter that is attached to a fingertip, for example.

### The equipment used in oxygen treatment

- an oxygen concentrator for long-term oxygen treatment
- pressurised oxygen for short-term use
- liquid oxygen/a portable oxygen concentrator (e.g. if the patient spends a great deal of time outside the home)
- an oxygen tube and a nasal cannula are needed for the administration of the oxygen treatment

## **Instructions for use**

See your own device for detailed instructions. In regular oxygen treatment, oxygen should be used 15–24 hours/day. The oxygen flow rate will be determined individually by your doctor.

- The flow rate prescribed by the doctor must be followed, unless otherwise agreed upon.
- Your oxygen flow rate is \_\_\_\_\_
- An oxygen flow rate that is too high may sometimes even make your breathing worse.

## **Monitoring**

Regular home oxygen treatment requires control visits at the hospital. In most cases, the rehabilitation counsellor will make a house call between your control appointments (to measure your oxygen saturation levels, to support your coping at home, and to help with any problems you may have).

## **Contact Information**

Sisätautien hoito-osasto 1, telephone 02 627 6330

Rehabilitation counsellor, telephone 0447077047