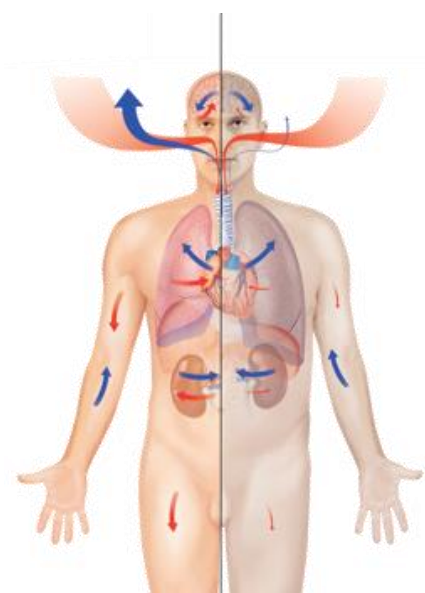


Integrating Long Term Oxygen Therapy into your Life



Oxygen

- Oxygen (O_2) is a gas found in the air (air contains 21% O_2)
- When we breathe, oxygen passes through the alveoli into the blood vessels
- The heart then pumps the blood through our body where it is used for energy
- We require a constant supply of oxygen to survive



Healthy - Hypoxic

Oxygen & Lung Disease

- When chronic lung disease progresses, oxygen levels in the blood stream may decrease
- This on-going lack of oxygen means you may not have enough to meet your body's needs
- This can develop gradually or worsen quickly with an exacerbation (flare-up)

Oxygen Therapy

If your oxygen levels are consistently low, (chronic respiratory failure) oxygen therapy may be recommended

Goals

- To keep your oxygen levels high enough to meet your body's needs
- To decrease the symptoms & complications of long-term low oxygen levels

Assessment of Low Oxygen Levels

Not everyone with chronic lung disease requires oxygen therapy.

Often, people feel short of breath but that does *not* necessarily mean you need oxygen

Testing

- Oximetry
 - Finger clip measures oxygen saturation
- Arterial Blood Gas
 - A needle inserted into an artery to obtain a blood sample



Benefits of Oxygen Therapy

- Prolongs life
- Can decrease fatigue & shortness of breath
- Improves your ability to perform daily activities
- Improves your ability to exercise
- Improves heart function
- Helps you sleep better
- Improves overall quality of life

Oxygen Prescription

Your oxygen flow can be different based on your need while:

Sitting, sleeping, exerting, when active

Follow recommendations given to you from your health care provider

Oxygen is a long-term therapy, you will need to use it regularly and consistently



Oxygen Use

Oxygen cannot be stored, if you stop after a few minutes you will notice your blood oxygen drop

If you smoke, the treatment may be less effective and it will greatly increase your risk of burns or causing a fire



What equipment do you use?

- Concentrators
- Cylinders
 - Available as fixed or portable units
- Regulators
 - Continuous flow
 - Conserving devices
 - On demand or pulse mode- This is trigger when you breathe in

Oxygen Concentrators

- Concentrates room air
 - No refilling required
- Runs on electricity
- Portable models available
 - Great for travelling
- Regulators may deliver continuous or triggered on demand flow



Oxygen Cylinders

- Pressurized tanks
- Hold a limited amount
 - Require refilled
- Doesn't require electricity
- Portable sizes available
- Regulator may deliver continuous or pulse flow



Oxygen Regulators

- Continuous flow or pulse mode (on demand) systems available
- Continuous flow is a measurable amount in liters per minute (lpm)
- Conserving devices deliver a varied amount with each breath
 - Triggered on demand (inhalation)
 - Not standardized
 - Differs with each model



Impact of oxygen therapy

- What are some reasons that may prevent you from wearing your oxygen?
- What strategies could you use to help you cope better?

Coping Strategies

- Don't keep fears to yourself
- Focus on the benefits not the burden
 - It may allow you to become more active
- Use energy conservation techniques
- Use stress management techniques
- Accept that making these changes will benefit your health and well being

Focus on the Benefits

- Reduced shortness of breath
- Decreased fatigue
- Improved sleep
- Improved ability to perform daily activities
- Improved ability to exercise
- Improved heart function
- Improved overall quality of life
- Improved survival



Summary

- Oxygen is essential for life
- Chronic lung disease may lead to the need for oxygen therapy
- Oxygen therapy can reduce your symptoms, allowing you to do more and stay active
- Know your oxygen prescription
- Think positively

