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Patient information

Home Oxygen Information Leaflet



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All our patient information leaflets are reviewed every three years.

Getting started on Home Oxygen

Home Oxygen Assessment:

An assessment will take place at your home to ensure your home environment is suitable for oxygen. This will be carried out by your community nursing team or oxygen company.

SOMEONE WILL NEED TO BE AT HOME in order for this assessment to happen. If your home is safe for oxygen to be installed the arrangements will begin to take place.

Before a Home Oxygen Order Form (HOOF) can be completed you must sign a patient consent agreement form to confirm that you are happy to have oxygen placed in your home.

A HOOF is used to prescribe your oxygen needs. This will be sent to your oxygen supplier who will contact you to arrange a first installation.

Your oxygen therapy prescription has three main parts:

Flow rate: This is the volume of oxygen delivered per minute.

Hours per day: This is the number of hours per day that oxygen therapy should be used.

Oxygen equipment: There are different types of oxygen equipment including:

- Static oxygen concentrators
- Portable oxygen cylinders – these can be wheeled or carried
- Static oxygen cylinders – these are non-portable

Your healthcare professional will select the most appropriate oxygen prescription for your home environment and daily activities.

IMPORTANT INFORMATION

NEVER adjust the amount of oxygen you use unless you have been advised to do so by your healthcare professional or it is written on your care plan (i.e. the protocol in the event of an emergency or an agreed weaning plan).

ALWAYS follow the advice of your healthcare professional.

NEVER use more or less oxygen than prescribed by your healthcare professional.

ALWAYS follow the important health and safety advice.

Useful Information:

British Lung Foundation

The BLF provide support and advice for people.

Helpline: 03000 030 555

Website: www.blf.org.uk

Bliss

Bliss is the UK charity that cares for premature and sick babies.

Helpline: 0500 618 140

Website: www.bliss.org.uk

CF Trust

The CF Trust is the UK's only national charity dedicated to all aspects of Cystic Fibrosis.

Helpline: 0300 373 1000

Website: www.cysticfibrosis.org.uk

Child Lung Foundation

Child Interstitial Lung Disease Foundation are dedicated to families of children affected with interstitial and diffuse lung disease.

Website: www.childlungfoundation.org

NHS Direct

For health advice and reassurance 24 hours a day 365 days a year.

Helpline: 111

Website: www.nhs.uk

Stop Smoking Service

Free friendly advice and support is available if you want to stop smoking from Local NHS Stop Smoking Service.

Telephone: 0800 022 4332

Website: www.smokefree.nhs.uk

Travelling Abroad with oxygen:

Going away in the UK:

If you are intending to go away you must speak to your patient support team at least 3 working days before you travel.

You must:

- Contact your healthcare professional to discuss your plans.
- Contact the transport company (airline) to inform them you will be carrying oxygen.
- Remember to take enough portable oxygen for your journey to and from.
- Contact Air Liquide to find out who the oxygen supplier will be.

Travelling abroad:

You must:

- Contact your healthcare professional to inform them you will be travelling abroad 2/4 weeks before you travel.
- Contact the transport company at the time of booking to inform them you will be travelling with oxygen.
- Air Liquide homecare/oxygen provider is not able to provide oxygen outside the UK or for your flight.
- Arrange oxygen for your destination.

If you are travelling in Europe please contact: 0845 606 2030 or visit www.dh.gov.uk/travellers.

Other useful contacts and websites include:

The Department of Health:
0207 210 4850
www.gov.uk/travelaware

The British Lung Foundation
03000 030 555
www.blf.org.uk

The NHS Choices website Healthcare Abroad section:
www.nhs.uk/Healthcareabroad

Static Oxygen Concentrators:

Static concentrators operate by separating out the oxygen from the air through a filtered system.

Oxygen concentrators provide a constant supply of oxygen in the home and are suitable for high oxygen users.

Oxygen concentrators have stable flow rates and are the safest way of providing constant oxygen. Having oxygen concentrators reduces the need for multiple cylinders and reduces the frequency of oxygen deliveries.

You will be supplied with 1 large static cylinder as a backup to the concentrator.



Static Oxygen Cylinders:

Static oxygen cylinders are mainly used as a backup for the concentrator in the event of a power cut.

The static cylinders can deliver a flow rate from 1-15L/min.

The static cylinders are simple and effective for occasional use but concentrators are preferred.



Portable Oxygen Cylinders:

Portable cylinders are for use outside the home environment to allow greater mobility.

They are lightweight and easily carried over the shoulder or using a trolley (provided).

The portable cylinder can deliver flow rates from 0.25L-6L per minute.



Ancillary Items:

Products that will be required with your oxygen prescription:

Nasal Cannula:



A nasal cannula set is one of the most common methods of oxygen delivery. This is placed behind the ears, with the two prongs fitted into the nostrils. Nasal prongs should be checked daily for blockages and tape changes/cleaning should be carried out weekly. Nasal prongs should be replaced once a month.

Face mask:



A face mask is used in children who require more than 2L/min of oxygen. This is an alternative route to administer oxygen. The mask must be applied over the nose and mouth and secured around the head to be effective. A face mask should be washed with warm soapy water once a week and must be replaced 6 monthly or when necessary.

Concentrators:

Concentrators are mainly prescribed as they provide a constant supply of oxygen. Concentrators are used:

- To provide oxygen to patients in their home for 24 hours a day, 7 days a week.
- To avoid regular health professional call outs.
- To prevent oxygen from running out.
- To reduce the risk of fire.

Never adjust the flow rate on your concentrator without consulting your health care provider

Electricity Refund:

If you are supplied with an oxygen concentrator you will not need to calculate how long the oxygen will last. This is because it is generated by electricity and involves drawing in the air and separating the oxygen from other gases in a filtered system.

You are eligible to claim a refund for the amount of electricity your concentrator uses. You will receive payments every 3 months (quarterly).

Contact Electricity Rebates Team:

If you have any concerns with your electricity payments please contact: **0800 7819939**

(Mon- Fri, 9:00am – 5:00pm).

Home oxygen safety:

Fire risk:

To start a fire you need three components: **Oxygen, Heat and Fuel.**



Please be mindful of the health and safety risks associated with home oxygen.

NEVER smoke or be around anyone else that smokes.

NEVER use your oxygen equipment near a naked flame (gas cooker) or other heat sources.

NEVER use an e-cigarette around your oxygen equipment.

NEVER use broken or damaged equipment.

ALWAYS turn your oxygen equipment off when you are not using it.

ALWAYS ensure your equipment is stored in a well-ventilated area.

NEVER put clothes on any equipment.

Oils and Grease

NEVER use oil-based creams on the face or body i.e. Vaseline.

NEVER use any oils or grease near your oxygen equipment.

ALWAYS use water-based emollients or creams i.e. aveeno cream.

Be careful not to trip over your oxygen tubing!!!

NEVER tamper with your tubing or remove the fire breaks.

ALWAYS check for kinks/ holes in your tubing.

ALWAYS make sure the tubing is free from obstruction.

Fire and Safety details:

The fire brigade will be notified of any patients on home oxygen. They may request to do a home visit. If they do, please ensure you cooperate with them, it is for your safety.

Low flow metre:



A flow meter is used to control the flow of oxygen. This is mainly used in paediatric patients to provide low flow rates of oxygen. The micro flow or low flow regulator is used to gradually wean neonates and infants from supplementary oxygen. This low flow metre can provide oxygen flow rates from 0.01-1L/min.

Humidifier:



A humidifier is a small container filled with water which moisturises the oxygen being delivered through a nasal cannula or face mask. This also prevents patient's skin from becoming dry and sore. A humidifier is usually used when a patient is on more than 2 L/min oxygen.

Fire Breaks:



A fire break should be inserted in between the oxygen tubing and the nasal cannula/mask. This should never be removed or tampered with.

Understanding your home oxygen prescription:

Please see below table: This shows the flow rate of oxygen for a **large static cylinder** and duration each cylinder will last. Your healthcare professional will prescribe your oxygen based on these values.

CYLINDER	HC10	HC10H
Size (LTR)	10	10
Pressure (BAR)	230	200
Flow Rate Setting L/MIN	Duration (HH:MM)	
0.1	350:00 (approx.)	
0.2	170:00 (approx.)	
0.5	80:84	
1.0	40:42	35:24
2.0	20:24	17:42
3.0	13:36	11:48
4.0	10:12	8:54
5.0	8:06	7:06
6.0	6:48	5:54
7.0	N/A*	5:06
8.0	N/A*	4:24
9.0	4:30	N/A*
10.0	N/A*	3:30

An example of how you would calculate the patient's oxygen prescription depending on the duration it is required

Patient X requires 1L/min oxygen 24 hours a day.

- 1L /min oxygen lasts for 40 hours and 42 minutes. Therefore this patient would require 5 oxygen cylinders delivered per week or 10 every 2 weeks.

Patient X requires 1L/min oxygen 12 hours a day.

- 1L/min oxygen lasts 40 hours and 42 minutes. Therefore this patient would require only 3 cylinders delivered per week or 6 every 2 weeks.

Understanding your home oxygen prescription:

Please see below table: This shows the flow rate of oxygen for a **portable cylinder/lightweight portable cylinder** and duration each cylinder will last. Your healthcare professional will prescribe your oxygen based on these values. This should only be used when travelling outside the home environment.

CYLINDER	HC02	Lightweight portable
Size (LTR)	2	1
Pressure (BAR)	230	300
Flow Rate Setting L/MIN	Duration (HH:MM)	
0.25	32:36	
0.50	16:18	10:00
0.75	10:54	
1.0	8:06	5:00
1.5	5:24	
2.0	4:06	2:30
2.5	3:18	
3.0	2:42	
4.0	2:00	1:18
5.0	N/A*	
6.0	N/A*	0:48

An example of how you would calculate the patient's portable oxygen prescription:

Patient X requires 0.25L/min oxygen 6 hours a day.

- 0.25L /min oxygen lasts for 32 hours and 36 minutes. Therefore this patient would require 2 oxygen cylinders delivered per week or 4 every 2 weeks.

Patient X requires 0.25L/min oxygen 4 hours a day.

- 0.25L/min oxygen lasts 32 hours and 36 minutes. Therefore this patient would require only 1 cylinder delivered per week or 2 every 2 weeks.