

Oxygen at home following discharge from hospital



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This information is for people diagnosed with a condition causing low oxygen levels in their blood. The aim is to help you to understand why oxygen has been used during your hospital stay and why it has been prescribed for your use at home.

Why did I have oxygen in hospital?

The oxygen in your blood was low and you were given extra oxygen to increase the level.

Will the oxygen level in my blood return to normal?

In most cases the oxygen level in your blood will return to normal. It may take a few weeks or even a couple of months. However, sometimes it is necessary to continue with the oxygen.

Why have I been given oxygen to have at home?

The oxygen level in your blood is still low so the oxygen therapy needs to be continued for a time at home. If appropriate, the level will be checked by your community Home Oxygen Service – Assessment and Review (HOS-AR) team.

The HOS-AR service is delivered by BOC healthcare and they will be contacting you within the **next 2 weeks** to organise your review. At this review the BOC healthcare professional will:

1. Review whether you need to continue with your home oxygen therapy. If your levels of oxygen in your blood have recovered to normal levels, there is no benefit for you to keep your oxygen.
2. If you are still experiencing breathlessness and your blood levels of oxygen are normal, the BOC healthcare professional will instruct you on other ways of dealing with breathlessness.
3. If the levels of oxygen in your blood have not recovered sufficiently, then you will need to continue with the oxygen therapy at home. The BOC healthcare professional will inform you of this and provide plenty of education and information about all of your options.

A BOC advice pack will accompany the oxygen equipment when it is delivered to your home.

Handy Tips:

- If nostrils are dry, use KY Jelly (water based gel) regularly to moisturise the nostrils.
- If top of ears become tender, phone BOC to request EZ Wraps (ear cushions) that can be attached to the oxygen tubing over the ears to provide pressure relief.

- Make sure the oxygen concentrator/cylinder is turned off when you are not using it, to prevent enrichment of the atmosphere causing a fire risk.
- Never use oil/petroleum/paraffin containing creams as these are flammable.

It is important that you are reviewed by the BOC HOS-AR team to make sure you are receiving the correct level of oxygen for the correct number of hours.

Is more oxygen better for me?

No. Oxygen is a drug and must be prescribed at the right level. Taking more oxygen than prescribed could make you feel worse.

Further sources of information

British Lung Foundation website: www.blf.org.uk

Telephone No: 03000 030 555

NHS Choices website: www.nhs.uk/conditions/home-oxygen.

BOC Healthcare HOS-AR Team:

Contact details

Monday to Friday from **8.00am to 6.00pm**.

Tel **0800 012 1858**

Email boc.clinicalservices@nhs.net

Home Oxygen Equipment & Enquiries: Baywater Healthcare Ltd: 01270 218050

For completion by JPUH healthcare professional ordering oxygen

Home oxygen prescription at discharge:	
Oxygen Equipment 1: (Concentrator/cylinders/etc - type)	How and When to Use: (flows rates at rest +/- variable with activity, hours of use)
Oxygen Equipment 2: (Concentrator/cylinders/etc. - type)	How and When to Use: (flows rates at rest +/- variable with activity, hours of use)
Oxygen Equipment 3: (Concentrator/cylinders/etc. - type)	How and When to Use: (flows rates at rest +/- variable with activity, hours of use)

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240