Outstanding Care, Compassionate People, Healthier Communities

NHS Sherwood Forest Hospitals NHS Foundation Trust

INFORMATION FOR PATIENTS

About taking oxygen at home following discharge from hospital

This information is for people diagnosed with a **long-term condition**, for example COPD or pulmonary fibrosis.

The aim of this leaflet 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. This can often happen when people are suffering with a chest infection and have to go into hospital. Oxygen is not a cure for breathlessness.

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.

You should gradually return to your normal level of activity. Try to do a little extra activity every day to help your recovery.

Why have I been given oxygen to have at home?

The oxygen level in your blood is still low so the therapy needs to be continued for a time at home.

The level should be checked at your local oxygen clinic **eight to ten weeks after your discharge home**. If your oxygen levels return to normal at assessment, then you may not need oxygen.

The oxygen clinics are held at Ashfield Health & Wellbeing Centre, Ollerton Health Centre and Balderton Primary Care Centre. The oxygen clinic will send you an appointment for the clinic closest to your address.

The oxygen at home will no longer be needed if the test shows the oxygen level in your blood has recovered to its normal level. You will be informed of this during your clinic visit.

If the test shows the level has not recovered sufficiently then you will need to continue with the oxygen at home. The oxygen clinic will inform you of this and provide plenty of education and information about all of your options.

It is important that you attend the oxygen clinic 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 amount. Taking more oxygen than prescribed could make you feel worse.

Contact details

If you have a query about your appointment at the oxygen clinic, please telephone the Oxygen Assessment Service at Ashfield Health & Wellbeing Centre on 01623 784729.

If you live in the **Newark area**, please telephone the single point of access on 01623 781891.

BOC helpline

An advice pack will be given to you by the supply company when the oxygen equipment is delivered to your home.

If you do not receive an advice pack, please telephone the free patient helpline on 0800 111 333.

NHS website

More information about oxygen at home can be found on the NHS website at: https://www.nhs.uk/conditions/home-oxygen-treatment/

FOR COMPLETION BY MEDICAL STAFF

Home oxygen prescription at discharge to be completed by the discharging doctor.

FLOW……..litres/minute

HOURS/DAY……

Nasal cannula / facemask

Referral to oxygen clinic **YES / NO**

If a referral is needed, then the doctor will complete the appropriate referral form.

Important information – how to use oxygen safely:

- Do not smoke or use e-cigarettes while having oxygen therapy or near the oxygen equipment. Never let anyone else smoke near the equipment; this includes smoking e-cigarettes.
- Do not change the oxygen setting without speaking to a clinician; this is unsafe and may make you dangerously unwell.
- Stay away from any naked flames (including candles), open fires and heat sources such as gas appliances.
- Do not use oil based lubricants, moisturisers, grease, or petroleum based products near the oxygen supply.
- Do not use flammable liquid such as paint thinners near the oxygen supply.
- Ensure smoke alarms are fitted at home and test weekly to confirm they are working.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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