

Home Oxygen Therapy Tools

DISCLAIMER

This document is intended to be educational in nature and is not a substitute for clinical decision making based on the medical condition presented. It is the responsibility of the user to ensure all information contained herein is current and accurate by using published references. These tools list some but not all factors to consider when caring for patients with respiratory failure or other illnesses. The determination of how best to use these tools must be made by local providers trained to make such decisions, in accordance with local policy and individualized to the patient's needs.

How to use this document

This is a living document, created by nurses, physicians, respiratory therapists and other healthcare providers from multiple institutions and multiple countries via the [OpenCriticalCare.org project](https://OpenCriticalCare.org). The goal of this document is to compile tools and frameworks that can be locally modified to help healthcare providers monitoring hospitalized patients. Much of this framework is based on tools developed by the home oxygen program at Gallup Indian Medical Center, US.

Browse the content to identify which tools are most suitable to your practice environment, resources, patient needs and safety protocols. Please **copy or download this file and then modify the tools** to fit your needs, local policies and clinical judgement. This can be done by going to the "File Menu" at the top left of this window and selecting "File"-->"Download" then select the format you prefer (e.g. Microsoft word to allow edits). Alternatively you can select "File"-->"Make a Copy" then use a copy in Google Sheets to make your own edits.

To Print: select "Print" from the file menu, select "Portrait" and choose scale to fit to the size paper you are using.

Please check back regularly for [updates and send any questions or comments to us here.](#)

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COVID-19 Home Oxygen Therapy Instructions

You were diagnosed with COVID-19.

Below are instructions on how to care for yourself at home.

Checking your oxygen level:

- You were discharged on ____L per minute of oxygen. Please wear your oxygen all the time.
 - Do not smoke or cook with gas flames while wearing oxygen.
 - Check your oxygen levels at least two times every day using the pulse oximeter you were given:
 - Put your finger into the opening, push the button, and wait a ~1 minute.
 - After a few seconds, you'll see two numbers on the screen. One is the oxygen saturation (%SPO2) - this is your oxygen level. The other number is your heart rate.
 - When you take your finger out, it will turn itself off after a few seconds.
 - Record your oxygen level and heart rate on the chart at the end of the packet
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- You should also check your oxygen level if you feel short of breath
 - If your oxygen level is 90% or higher while sitting at rest, do not change your oxygen settings
 - If your oxygen level is less than 90% while sitting at rest, increase your oxygen by 1 on the oxygen tank or concentrator, wait five minutes and breathe through your nose.
 - Then check your oxygen level again. If it is still below 90%, you can increase the dial on your tank or concentrator by 1 more
 - If you increase your oxygen flow and are using a cylinder/tank, your supply will run out more quickly.
 - If your oxygen tank dial reaches 3L and your oxygen level is less than 90% while resting, you should come back to the emergency room.
 - If your oxygen is **less than 90%**, call 911 or go to the Emergency Room right away. **Please don't wait for someone to call you.** If your **oxygen is less than 85%**, call an ambulance instead of driving to the ER.
 - Your oxygen is being provided from _____
Please call _____ with any questions, problems, or concerns about the oxygen source.

Medicines you may have received

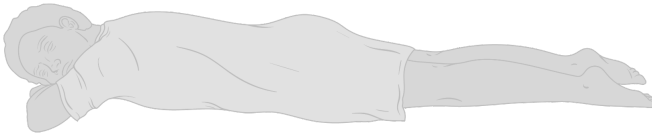
- Dexamethasone: this is a medicine to reduce inflammation and make the virus less severe. Please take 6mg every day until you run out.
- Tylenol: this medicine for pain & fever. Y
- Guaifenesin: this medicine is for cough. Take it as needed if you have cough.
- Ondansetron: this medicine is for nausea or vomiting. Take it as needed if you have nausea or vomiting.

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Awake/Self Proning - Patient Instructions

- Please try to not spend a lot of time lying on your back. Lying on your stomach and in the different positions below can help your body get oxygen and prevent you from getting sicker.
- Please stay in each position for at least 30 minutes or 2 hours if you can
- Any position (including sitting up) is better than lying on your back

1. 30 minutes – 2 hours lying on your **belly**



2. 30 minutes – 2 hours laying on your **right side**



3. 30 minutes – 2 hours **sitting up**



4. 30 minutes – 2 hours lying on your **left side**



5. Return to step 1 and repeat the same steps starting with lying on your **belly**



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Contacts and follow up:

- You will be called by a doctor to follow up within 24 hours to follow up.
- Please make sure your phone is on.
- If you have questions or concerns, call your primary care clinic during business hours or the COVID RN Hotline at XXX-XXX-XXXX
- Come back to the emergency room if:
 - Your oxygen tank dial reaches 3L and your oxygen level is still less than 90% while resting seated
 - You have shortness of breath at rest or you cannot speak a full sentence without stopping
 - Your heart rate (pulse) is above 120 beats per minute
 - You become confused
 - You have chest pain
 - You have increasing swelling in your legs
 - You have other concerning symptoms
- If your oxygen levels are less than 90% on 3L of oxygen and you have chest pain, confusion, or other concerning symptoms please do not drive. Call an ambulance to bring you to the ER.

Tracking My Oxygen level – Patient chart

Oxygen level less than 90% or short of breath

Go to the Emergency Room

Oxygen level less than 85% or chest pain

Don't drive, instead use an ambulance to get to the hospital

Patient Name: _____

Healthcare Provider Name: _____ (Tel: _____)

Date	Time	Oxygen level	Heart rate

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