

CPT Educational Group Oxygen Therapy

Purpose: The purpose of this group is to educate the patient on safety when using supplemental oxygen. This is the administration of oxygen at higher concentration than what is found in the environment. It can be given via cannula, mask, or catheter. There are several different types of oxygen therapy: Liquid oxygen container (stores oxygen at very cold temperatures), oxygen tank (stores oxygen under pressure), and oxygen concentrator (removes components of the air and stores and concentrates remaining oxygen). Portable tanks are available with liquid and gas oxygen.

Admission Criteria:

Patient that is prescribed supplemental oxygen
Free of communicable disease/ isolation precautions
Stable vital signs
Able to tolerate sitting at least 30 minutes
Able to follow at least 2 step directions

Objectives/Goals:

- Patient will be able to identify safety concerns pertaining to use of supplemental oxygen
- Patient will understand skin care precautions related with supplemental O2 usage
- Patient will be able to verbalize general care measures pertaining to supplemental O2 usage

Suggested Materials:

Printouts of lung anatomy/ lung model
Oxygen tubing
Pulse oximeter
Portable O2 tank/ or photo of portable tanks for demonstration

Suggested Activities:

Patient return demo of taking off/putting on tubing safely
Review attached materials
Question/answers

Signs and symptoms of lack of oxygen:

- Fast heart rate
- Shortness of breath
- Drowsiness
- Restlessness and anxiousness
- Confusion/inability to concentrate
- Blue fingernails or lips

Skin care measures:

- Nostrils, earlobes, and bridge of nose may be padded with gauze to prevent skin breakdown
- If nostrils become irritated, apply a soluble gel like K-Y gel, never a petroleum-based lubricant (like Vaseline) because of fire safety

Skin care measures:

- Place "No Smoking" signs to warn of the dangers of smoking and never allow someone to smoke near you.
- Keep oxygen away from open flames, heat, gas stoves, hot pipes, radiators, kerosene heaters, etc.
- Equip the home with a fire extinguisher and a smoke alarm & notify the fire department that you have oxygen at your home
- Keep oxygen at least five feet away from electric outlets and electrical equipment and avoid the use of electric blankets and heating pads close to oxygen
- Avoid flammable products such as body lotion, face cream, rubbing alcohol, certain cleaning products, etc.
- Avoid use of aerosol sprays
- Keep oxygen in upright position & ensure it is attached to a fixed object so it does not topple
- Report to physician any signs of persistent headache, slurred speech, confusion, drowsiness, increased shortness of breath, vomiting, etc.
- Keep car windows partly open while using oxygen
- Keep emergency numbers next to phone
- If using a concentrator, have a back-up oxygen tank in case of power failure & notify the electric company so you get priority service in case of a power failure

General care measures to provide oxygen therapy:

- Encourage fluids up to 2500 ml per day unless contraindicated
- Humidity must always be given with oxygen to prevent drying of the airways

- To check if oxygen is flowing through tube, place cannula in water and check for bubbling. Always shake off water before placing in nose
- Reorder oxygen two to three days before needing a new tank
- Use portable tanks when going out of home to increase mobility
- Never adjust oxygen rate without permission from physician
- Administer oxygen exactly as prescribed by a physician
- Keep follow-up appointments with physician

Patient Resources:

- Any questions or concerns can be addressed to the DME company that provided the supplemental O2 tanks, tubing, and accessories.