



29226 Orchard Lake Rd Suite 160
Farmington Hills MI 48334

Phone: 248-538-8429
Fax: 248-538-8362

OXYGEN THERAPY

PURPOSE: Oxygen is 21% of the air we breathe. When our lungs are damaged, obstructed, or restricted, they cannot oxygenate the blood. Each cell in our bodies must have oxygen to live. Raising the oxygen percentage allows more oxygen to pass into the blood. Your physician must order oxygen. Oxygen is not flammable but it does provide fuel for fires.

PRESCRIPTION: Your physician has written a prescription for oxygen and this value should *never* be deviated from without first consulting him/her. Your settings are prescribed as follows:

LPM at rest _____ LPM during activity _____ LPM while sleeping _____ Hours per day _____

DELIVERY MODES: There are three basic ways oxygen can be delivered. Oxygen concentrators are the most common and they are machines that concentrate the oxygen in the air we breathe. Compressed cylinders contain oxygen under pressure and allow portability. This pressurized oxygen is measured in pounds-per-square-inch gauge, or psig. Liquid oxygen is oxygen that has been cooled to allow it to turn into a liquid. This liquid is converted back into a gas when it's brought back to room temperature. Liquid systems require no electrical power and can be packaged for portability.

USE: Once the oxygen delivery method is decided upon, an appliance must be used to delivery it to the patient. The most common are nasal cannulas and oxygen masks. Nasal cannulas are prongs that are inserted into the nose and are suited for most needs. Nasal cannulas have curved prongs and the curve side should be down. These cannulas should be changed every two weeks or when they are soiled. Cannulas work exactly the same whether the user is a mouth breather or a nasal breather. When reading your flowmeter, you must read the *middle* of the float not the top.

Oxygen masks cover the entire nose and mouth areas and are intended for higher flow rates and oxygen percentages. A good seal on the face is needed to delivery accurate oxygen amounts. The holes on the side of the mask should never be obstructed. These ports allow your exhaled air to vent out of the mask. The *minimum* flow rate on an oxygen mask is 5 LPM.

HUMIDIFIERS: Oxygen that is delivered has no moisture in it. Liquid oxygen is the driest. Liquid oxygen stationary units should always have a humidifier regardless of the flow rate. Do not put a humidifier on a liquid portable unit.

Humidifiers are disposable devices that bubble the oxygen through a column of water. This water attaches itself to the oxygen molecules. These devices should be filled with *distilled* water only, **do not use tap water!** This distilled water can be purchased inexpensively through your local drug store. When filling your humidifier, always empty out old water before adding new water. Change your humidifier at least weekly.

EMERGENCIES: Midwest D.M.E. Supply, Inc. understands that oxygen services should never be interrupted. We maintain a technician on-call 24 hours a day, 365 days a year. If your equipment fails or your supplies are diminished, call the main store number and leave an urgent message. You should always maintain an adequate supply of oxygen on hand in case of natural disaster or other emergency. Midwest D.M.E. Supply, Inc. can assist you in setting your safety limit.

PLEASE SEE NEXT PAGE

SAFETY The purpose of oxygen safety is to prevent any injury or adverse condition from occurring. By using oxygen safely, users can achieve increased oxygenation, improving quality of life and independence. Oxygen is not flammable, but it will add much needed fuel to fires and cause them to burn hotter and faster. Always abide by oxygen safety guidelines. If you should have any questions regarding your oxygen safety, please don't hesitate to call Midwest D.M.E. Supply, Inc..

1. It is mandatory that your residence have a functioning smoke detector.
2. **No smoking or flames** (including cigarettes or cigars) are allowed within 10 feet of any oxygen delivery device.
3. Keep all flammable materials away from an oxygen source, especially, oil, grease, solvents, creams, lotions, petroleum products, paper, clothes, aerosol containers, and alcohol of any kind. (This includes on your hands or clothes also).
4. Keep all devices that are powered by electricity or that can produce sparks, at least 5-feet away from any oxygen delivery device.
5. Do not use Nylon®, wool, or any synthetic material for clothing or bedding. Cotton is the preferred material.
6. Do not try to fix, repair or lubricate any oxygen device or delivery equipment.
7. Keep all tubing and equipment uncovered and tangle-free and stored in an uncluttered and unconfined space.
8. Never allow any untrained person or child to touch or manipulate oxygen equipment.
9. Always store tanks or cylinders in approved carts or holders, on their sides, and in well-ventilated places. Never store tanks or cylinders in the trunk of a car.

MAINTENANCE: Midwest D.M.E. Supply, Inc. performs all maintenance of oxygen equipment. Basic user maintenance pertains to the external particle filters on concentrators. These need to be cleaned weekly with soap and water. The external parts of oxygen equipment must be kept clean and free from oil, grease and dirt. Never utilize any solvent to clean equipment. If anything appears to be wrong with your equipment, call Midwest D.M.E. Supply, Inc. immediately. If your power should go out and your oxygen concentrator does not restart, push the reset button on your unit.