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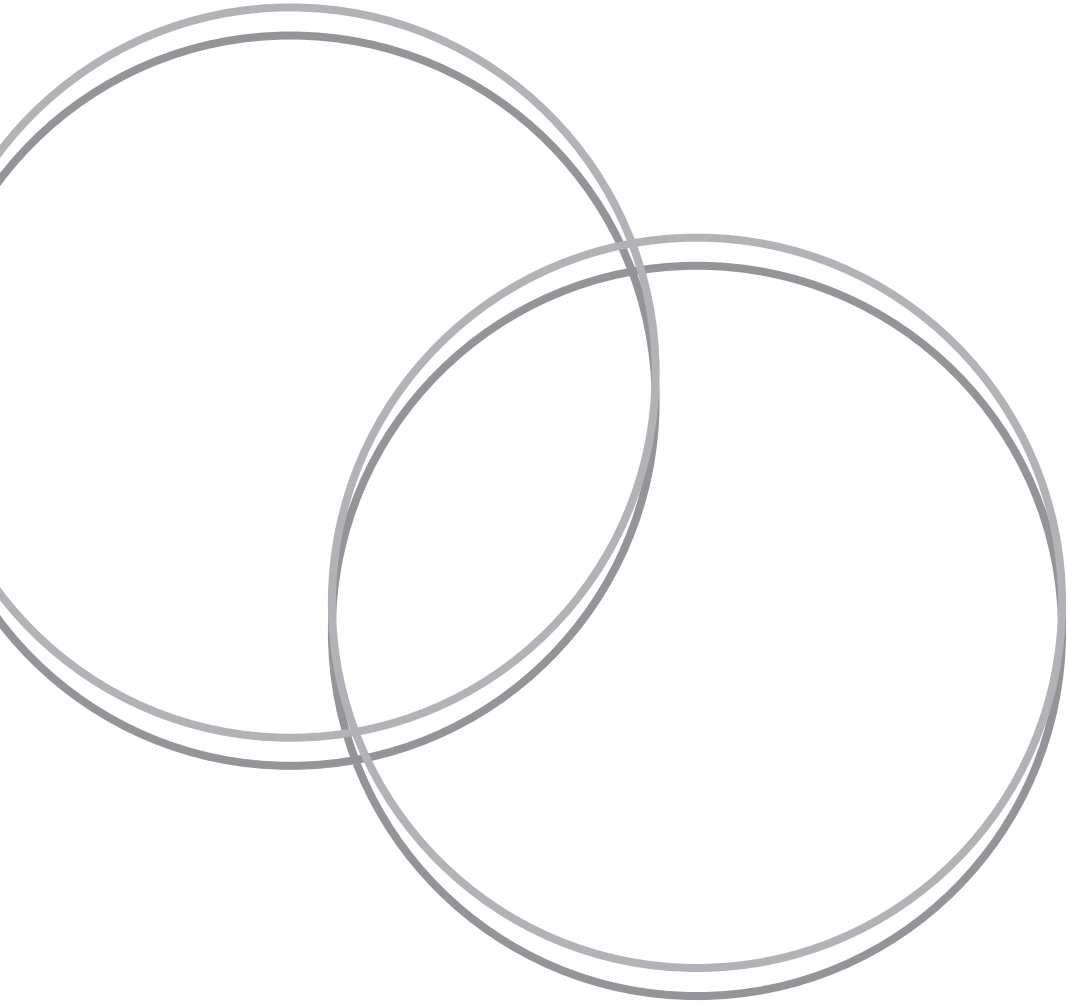
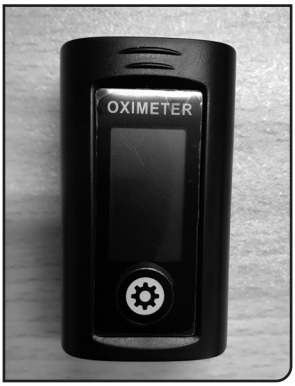
How to use your Pulse Oximeter – Oxysmart™



What is a Pulse Oximeter?



A pulse oximeter is a noninvasive and painless device that is used to measure oxygen saturation levels in a person's blood at a given point in time. As soon as it picks a pulse, it can quickly detect even small changes in how efficiently oxygen is being carried in the blood. Pulse oximeters are often used by health professionals to monitor people with health conditions including respiratory.

Why have I been given this device?

Your Interstitial Lung Disease Consultant / Specialist Nurse has given you this device so you can monitor your own oxygen saturation levels remotely from home. Oxygen is carried in the blood to all parts of the body and is essential for the body to function fully. Low oxygen levels can make a person become more breathless. Regular readings will enable clinicians to monitor any decline in your health sooner and they can then intervene early with appropriate action depending on your condition. Having the device will also give you more involvement in your healthcare.

How do I set it up?

The model you have been given requires minimal set up. Within the box, there are 2 batteries included (a). These will need to be inserted into the battery compartment located in the back (b). This can be accessed by sliding the back cover (c). Once the batteries are inserted and the oximeter is switched on using the button on the front (d), it is ready to use. (Please also read the user manual included for further information about display settings – optional).

(a) (b) (c) (d)

When do I use it?

Use the oximeter roughly every 2-4 weeks to monitor your oxygen levels. Please take readings at rest and on other occasions after some form of exertion.

Rest – any time when you are moving around very little and have been sitting down for 10 minutes e.g. sitting on the sofa, watching TV, reading a book etc. This reading is known as your resting saturation levels.

Exertion – any activity when you exert yourself to the point you feel puffed out e.g. walking, exercise. At the end of the activity sit and take a reading. Keep the probe on and see how long it takes for this reading to climb back to near your resting saturation levels. If possible, please try to be consistent with the form of activity you choose. This will give more comparable readings.

Do not worry if you forget to take a reading from time to time. You are the best judge of your health and will know if you are feeling any deterioration or have any concerns even without the device.

How do I use it?

1) Press the button to switch on

2) Clip the device onto your finger (middle or index finger is best)

After a few seconds, a reading will appear on the display

Sp02 – This is the oxygen saturation level

PR – This is the pulse/heart rate

We do not need you to keep a log of each reading for us, but you may do so for your own records – this is entirely your decision. All you need to do is get a feel for what you expect your oxygen saturation levels to be at rest and on exertion when speaking to a clinician.

What readings should I be looking for?

Oxygen saturation levels are given as a percentage. The readings will vary depending on when you are taking them – at rest or on exertion.

At rest, the oxygen saturation levels will be higher while on exertion the levels will be lower and this is to be expected and should recover quite quickly. Generally, readings between 95-100% are considered normal for an average adult but this can vary slightly depending on age. After a few readings you will become familiar with what your normal saturations look like. It is normal for your readings to show some variation. At rest if you are finding that readings are consistently lower than 90% on several occasions, then you should call us on **01865 227050** and let us know.

If you consistently fail to get a reading or get an error message and there is no obvious reason, then please contact us.

What may affect my readings?

1) Cold hands (make sure your hands are warm)
2) Nail polish on fingers / false nails (where possible this should be avoided)
3) The device is not secured on the finger (reduced contact will give lower readings)
4) A weak battery will affect the device (make sure the battery is replaced)
5) The use of hand gel (wipe off any excess from the finger you are taking a reading from)

What if I have any questions or concerns?

Should you have any further questions regarding the pulse oximeter or your respiratory health, now or in the future; you can speak to the ILD team via our dedicated helpline on **01865 227050** where we will be able to provide full support and advice.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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