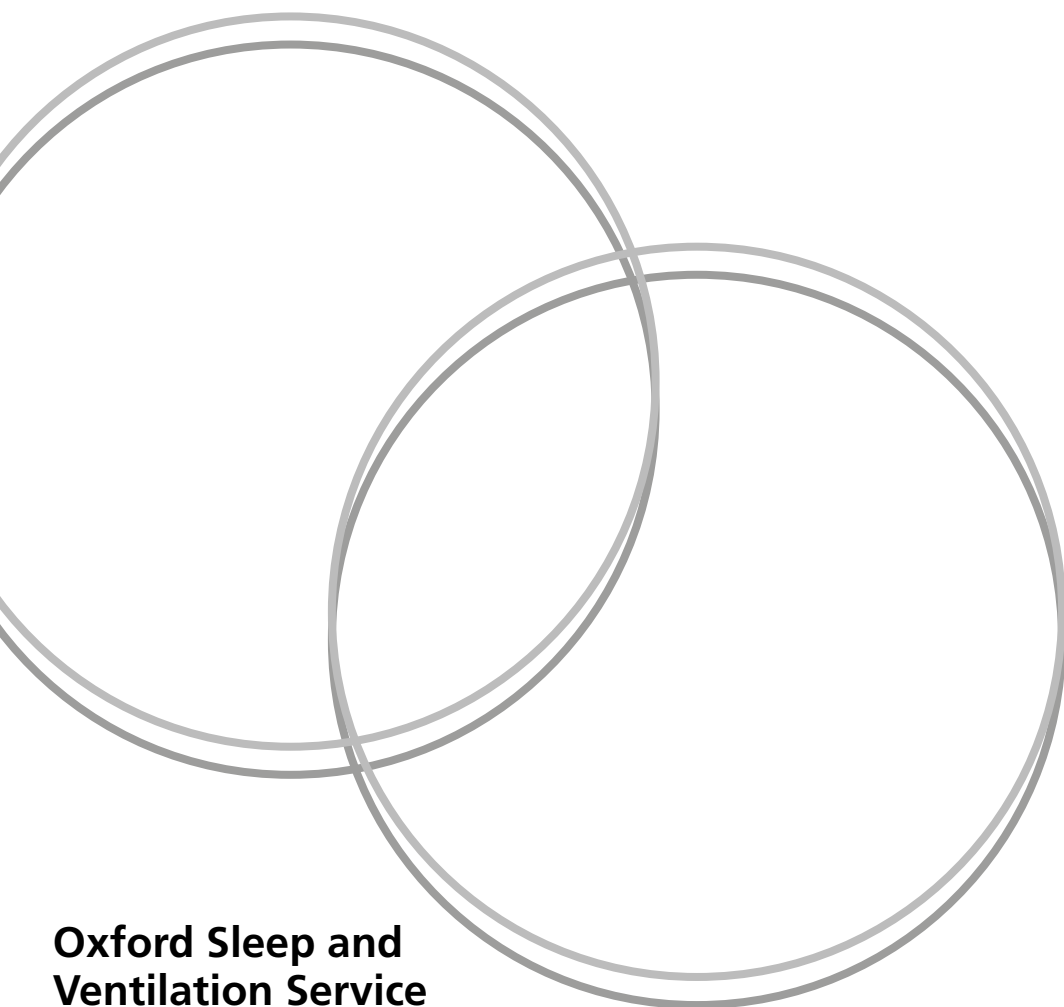


Information for Patients Transitioning from Respiratory Paediatric Services



**Oxford Sleep and
Ventilation Service**

Oxford Sleep and Ventilation Service

Now that you are transitioning to adult services, your respiratory care will be managed by the Oxford Sleep and Ventilation Service.

The Oxford Sleep and Ventilation Service is a tertiary, regional centre which supports more than 20,000 obstructive sleep apnoea (OSA) patients on continuous positive pressure (CPAP) and provides home ventilation to an estimated 1500 patients due to ventilatory failure, secondary to conditions including neuromuscular weakness, chest wall deformity, COPD or obesity. We also provide cough augmentation and airway clearance support.

Introduction to the team

When you come to clinic you may meet the following people from the Oxford Sleep and Ventilation Service:

- Consultant in Respiratory Medicine, Sleep and Ventilation Service Lead
- Team Lead Specialist Physiotherapist
- Specialist Respiratory Physiotherapists
- Band 6 Respiratory Rotational Physiotherapist

Your care will be led by our Respiratory Medicine Consultants. However, you may also meet other members of the clinical team which may include Junior Doctors and Registrars.

Oxford University Hospitals is a large teaching hospital, and sometimes medical students may sit in on clinic visits. Your follow up appointments will be led by the Physiotherapists, or you may also be seen by a Physiotherapy Student whilst they are on their clinical placement, with your permission. All assessment and treatment will be completed only with your consent.

Prior to your clinic visit...

Occasionally further tests will be required from the Respiratory Medicine Consultant to obtain as much detail as possible prior to your clinic visit, such as a sleep study or overnight oximetry. This involves a finger probe that you wear overnight to measure your oxygen levels. You will not need to stay in hospital for an overnight sleep study, as you may have done in the paediatric service. Instead, we obtain information about your sleep from your overnight oximetry and any previous blood gases.

Your clinic visit...

When you arrive for clinic, please check in at reception. They may ask you questions such as clarifying we have your correct GP details and address.

You will then be called from the waiting room by one of the team.

Although you may wish Parents or Guardians to accompany you on your visit, it is very helpful if you are able to answer our questions yourself as much as possible.

Physiotherapy assessment

The Physiotherapist will assess you in clinic. They may take you to a separate room to complete a formal assessment or may complete the examination alongside the Respiratory Medicine Consultant to do your assessment together.

Please bring any respiratory equipment that you have received from the Paediatric service, so that the Physiotherapist can review this.

The physiotherapy assessment will consist of...

- Taking a capillary blood gas – this involves a small pin prick on the outside of your ear which allows us to look at factors such as your carbon dioxide and oxygen levels, which then gives us an overall idea of how you are currently breathing.
- Pulse oximetry – a saturation probe on your finger.
- Spirometry – you will be asked to blow and cough into a machine that records your lung function.
- Completing a sleep questionnaire.

At the end of the assessment the Physiotherapist will take the information to the Respiratory Medicine Consultant, who will then complete your assessment with you.

Consultation

The Respiratory Medicine Consultant or Registrar will now see you. If this is the first time you have met, they will ask you questions about your health, symptoms, your family history and any tests that may have already been completed. They may conduct a physical examination.

It would be helpful if you could bring along a list of your current medication and any other correspondence you may think relevant to the consultation.

Set up

If you require or are already using home ventilation, the Physiotherapists will set you up with one of our home ventilators and/or Cough Assist devices in your appointment. If you already have a device(s), the Physiotherapist will advise that you return them back to the respiratory paediatric service as you will now receive a device from us.

Set up will include getting familiar with the devices and training. We will also trial different interfaces to ensure the best suitability and most preferable choice for you.

For all of our patients with neuromuscular problems, we provide a Respiratory Management Plan. This is an informative sheet for health professionals and yourself, including your recent blood test, spirometry results in clinic and your device settings. It also includes contact details of your GP, Respiratory Medicine Consultant and Physiotherapists.

It can be very useful in the event of any worsening in your breathing, so we advise you keep it somewhere accessible and always bring it with you if you ever need admission into Hospital.

Follow up appointments

You will be given further follow-up appointments with the Oxford Sleep and Ventilation Service. You will be sent reminders to inform you.

If you are unable to attend the appointment, we would be grateful if you could contact us as soon as possible to re-arrange. The more notice we have the more likely we are able to offer you another appointment without delay, and we will be able to offer your appointment to another patient.

Please contact our **Administration Team** on:
Telephone: **01865 225 252**

Service Opening Hours

Monday – Friday 09:00 till 17:00.

CLOSED weekends and bank holidays.

Emergency Out of Hours Support (device faults/breakdowns):

Osler Respiratory Unit, John Radcliffe Hospital 01865 221 970

Contact Details

Physiotherapy Team:

Telephone: **01865 225 561**

Email: **OxfordNIVService@ouh.nhs.uk**

Website: **Oxford Sleep and Ventilation Service (OxSVS)**
<https://www.ouh.nhs.uk/services/departments/specialist-medicine/respiratory-medicine/oxsvs/>

Address: **Oxford Sleep & Ventilation Service**
Centre of Respiratory Medicine
Churchill Hospital
Old Road Headington
Oxford OX3 7LE

Further information

The following websites may provide useful information for you:

Home Mechanical Ventilation in Partnership (HMiP)

<https://hmvip.co.uk/>

British Thoracic Society

<https://www.brit-thoracic.org.uk/>

Muscular Dystrophy UK

<https://www.muscardystrophyuk.org/>

Muscular Dystrophy Association

<https://www.mda.org/>

Spinal Muscular Atrophy UK

<http://www.smasupportuk.org.uk/>

Spinal Injuries Association UK

<https://www.spinal.co.uk/>

Notes / questions:

Use this section to write down any questions that you might have before clinic, as it will allow you to remember to ask them when you come to see the team...

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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Oxford Sleep & Ventilation Service

October 2026

Review: October 2029

Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



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