

Ambulatory Oxygen Therapy (AOT)

You have been assessed today and been found to need ambulatory oxygen therapy (AOT).



Lightweight and standard ambulatory cylinders

What is Ambulatory Oxygen?

Ambulatory oxygen is portable oxygen to use when you are walking around or when you exert yourself, for example when climbing stairs or washing and dressing.

It has been shown to be effective in increasing exercise capacity and reducing breathlessness in patients whose oxygen levels drop during activity.

The purpose of ambulatory oxygen is to enable you to be active for longer, to leave the home for a longer period of time, to improve ability to perform daily activities and increase quality of life.

Ambulatory oxygen is for patients who are mobile and need to or can leave the home on a regular basis.

The type of portable device provided will depend on your mobility, strength and oxygen requirements.

The assessment carried out today shows that you would benefit from using Ambulatory Oxygen.

The equipment ordered would have been discussed with you at your clinic appointment.

A company called **Air Liquide** will supply your oxygen.

One of their engineers will come to your home to install the oxygen and explain to you how to use the equipment, and how to store it safely.

If you have a concentrator, they will arrange for the machine to be serviced every 6 months.

If you have been provided with cylinders you will need to contact Air Liquide to have your cylinders refilled, they will only refill the cylinders when they are empty.

Air Liquide patient information helpline number is: **0808 1439992**

Air Liquide will provide you with a User Guide, please take time to read this. It contains both important safety information and useful advice.

When should I use my Ambulatory Oxygen?

Ambulatory oxygen should be worn on exertion; for example when mobilising or washing and dressing.

Oxygen should be commenced before you start to exert yourself, use should continue throughout the period of exertion and worn for a short period after exertion to help the recovery from breathlessness.

Oxygen should not be worn for a long period of time post exertion.

This can be dangerous in some patients; your clinician will advise you on how long to wear the oxygen for as your recovery rate will have been assessed.

Your flow rate is _____ litres per min

If using a conserving device the cylinder must be set at 4 and the conserving device set at your flow rate which is _____

Safety advice: Do's and Don'ts of your Oxygen Therapy

Too high a flow of oxygen can be as dangerous as too little. It is important that you use your equipment at the prescribed flow rate only.

Please **do not** allow children or anyone unfamiliar with the equipment to tamper with your oxygen either.

If you have a concentrator, turn it on and off by the button on the front of the machine only. **Do** switch off your oxygen at the valve/switch when you are not using it even for short periods of time.

Oxygen is a serious fire risk.

- ✓ **Do not** use oxygen near naked flame.
- ✓ **Do not** smoke or allow anyone in the room in which your oxygen equipment is stored or used to smoke.
- ✓ **Do not** use or charge an electric cigarette in the same room as your oxygen equipment.
- ✓ **Do not** cook whilst using your oxygen.
- ✓ You should not use oil based creams, or preparations that contain petroleum when using your oxygen equipment. If you experience a sore nose or nose bleeds use only preparations that **do not** contain petroleum e.g. aqueous jelly or Cavilon. Nasal sprays such as Sterimar can also be useful and can

be bought over the counter, or on prescription from your GP. Please discuss this with your pharmacist or nurse if you are concerned.

- ✓ **Do** inform the local fire service that you have oxygen in the house. They will visit you and provide you with safety information. If you do not already have smoke alarms they will be fitted free of charge.

Do inform your electricity supplier if you are using an oxygen concentrator. You will be put on a priority list for reconnection in the event of a power failure.

Further information

Contact Numbers for any queries regarding your oxygen

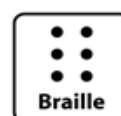
Charlotte Stevens (Oxygen Coordinator)
0151 529 8334

Respiratory Nurse Specialists
0151 529 2483/8334

Air Liquide 24/7 Freephone 0808 143 9992

British Lung Foundation
08458 50 50 20
www.lunguk.org

Breathe Easy Support Group Network
0151 224 7778
www.lunguk.org/supporting-you/breathe-easy



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk