

Long Term Oxygen Therapy (LTOT)

You have been assessed by the Chest Specialists and found to need long term oxygen therapy (LTOT).



Why do I need LTOT?

Our bodies need oxygen in order to function properly.

Some people with heart and lung diseases cannot get enough oxygen from the air.

When the oxygen in our blood falls below a certain level this can be damaging to the heart, and wearing oxygen for at least 16 hours can assist in preventing and improving this.

What is LTOT?

- This is oxygen delivered by a special machine called a concentrator. The equipment is provided by a company called Air Liquide.
- It is an important part of your treatment and needs to be used for a minimum of 16 hours a day for it to work properly.

What are the benefits of LTOT?

- ✓ Increase life expectancy
- ✓ Improve quality of life
- ✓ Improve sleep quality
- ✓ Improve oxygen delivery to vital organs.

Are there any side effects?

You should seek medical help if:

- You are far more tired than usual, or you or your family feel you seem drowsy or muddled.
- You start having headaches particularly in the morning.

Are there any alternatives?

There is no other system available that can deliver oxygen continually in this way.

What is an oxygen concentrator?

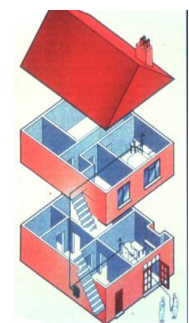
An oxygen concentrator is a special machine that works from your home electricity supply.

Room air is drawn into the unit and passed through a filter that removes impurities.

Oxygen

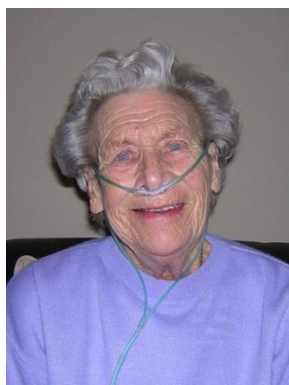


Tubing from the concentrator allows you to move around the house

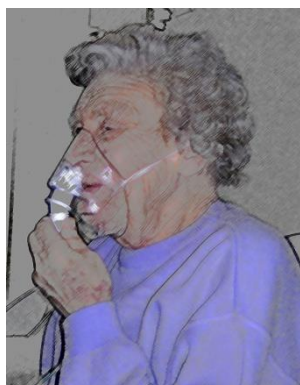


Concentrated oxygen is delivered to you through nasal cannulae or a mask.

The most appropriate method will be decided with you when you are assessed.



Cannulae



Mask

Where should I put the machine?

It is important that you abide by the advice Air Liquide give you about how and where to safely store the oxygen when it is installed.

The machine can be put in any area of a room where there is an electrical socket but **not** near a heat source or naked flame, such as open fires or gas cookers.

Who will fit the machine?

- An engineer from the oxygen supply company will contact you to arrange installation.
- Please take time to read the User Guide that Air Liquide provide you with, it contains useful information and important safety advice.
- The engineer will set the flow rate. Once set, this should **not** be altered unless you are instructed to do so by the hospital. He will explain how to keep the filter clean, (which will need to be done weekly).
- You will be provided with up to 15metres of tubing so that you can move freely around the house and go upstairs with oxygen tubing.

- The engineer will leave you with a back-up oxygen cylinder and a 24hour emergency number for use in the unlikely event of a power cut or if your machine breaks down.

The back-up cylinder must be accessible to you and only used in an emergency.

What will happen after the machine is fitted?

Every 6 months the engineer will contact you to arrange a visit to service the machine and check the amount of oxygen used.

You will receive a refund to cover the cost of the electricity that the machine has used every 3 months.

When should I use the oxygen?

- You should use the machine for **at least** 16 hours in any 24 hours.

Oxygen can be used for up to 24 hours without any harm however it should be used as recommended by your clinician at all times.

- The 16 hours do not need to be used all at once and can be adjusted to fit in with your own routine.
- Oxygen should ideally be used overnight fitting the additional hours in throughout the day depending upon your activities.

If you use portable oxygen to go out this can also be counted as your treatment time. Do continue your usual routine as much as possible.

You will have up to 8 hours when you can continue your usual social activities whilst continuing to gain the benefits of the oxygen treatment.

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 **do not** alter the flow rate on the machine unless you are advised to do so by a health care professional.

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

Turn the machine 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 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 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.

If you use alternative methods of paying for your electricity, e.g. card or key, you may benefit from a discussion with the oxygen supplier.

Further information

Respiratory Nurse Specialists
0151 529 2483/8334

Air Liquide 24/7 Freephone 0808 143 9992

Oxygen Co-ordinator (outpatient appointments)
0151 529 8334

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

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