

# Ambulatory Oxygen Therapy (AOT)

An information guide



# **Ambulatory Oxygen Therapy (AOT)**

## **When should I be using my oxygen?**

From your assessment it shows you need oxygen whilst you are doing activity; such as walking, shopping or gardening.

Portable oxygen is mostly for use outdoors, but can be used for tasks such as housework. You should not use ambulatory oxygen when you are resting.

## **What happens now I have been assessed?**

The results of the assessment are sent to Baywater, the company that will supply you with your oxygen equipment.

Baywater will contact you within 3 days to arrange delivery. If you do not have any contact from them please contact your therapist in the Pennine Oxygen Service.

## **How do I use the oxygen?**

An engineer from Baywater will deliver the oxygen and set it up for you.

They will also provide you with an instruction booklet and telephone helpline number should you encounter any problems.

## **What happens when my oxygen is running out?**

The first oxygen order is completed by your therapist. After this, you are responsible for re-ordering the equipment by telephoning Baywater. The gauge on the cylinder will indicate the amount of oxygen left, the engineers will explain this when they deliver it.

Please ensure you re-order in a timely manner. This means never allowing all your cylinders to run empty, never requesting same day or urgent deliveries and planning ahead for weekends and Bank Holidays.

**Your oxygen is prescribed via one the methods below, as directed by your therapist -**

**Continuous flow**

Your cylinder needs to be set at a constant flow of

.....



## On demand- CHAD

If you have this conserver the oxygen cylinder should be set on number 4.

The conserver should be on setting .....



## On demand- SABRE ELITE

If you have this conserver it should be on setting .....

You do not need to change the dial on the oxygen cylinder, this remains at zero.



## On demand - OXY MO

If you have this conserver the oxygen cylinder should be set on number 4.

The conserver should be on setting

.....



## On demand - CHAD DRIVE

If you have this conserver the oxygen cylinder should be set on number 4.

The conserver should be on setting

.....



## Liquid Oxygen

If you are prescribed liquid oxygen you will need a risk assessment on your property to assess access to deliver the Dewar. The Dewar stores the liquid oxygen and you will self-fill the flasks



If you have liquid oxygen the flask should be on setting .....

## Other device

..... Setting .....

## **Important safety advice when using oxygen**

- Use the oxygen at the flow rate advised by your therapist - never alter the settings yourself.
- Do not smoke whilst wearing oxygen, or let others smoke near you, this includes e-cigarettes.
- After using your oxygen, you must wait for a minimum of 20 minutes before using anything that may spark or become hot.
- Ensure you are at least 3 metres away from naked flames e.g. your fire or from heat sources e.g. cookers.
- Turn your cylinder off when you are not using it.

It is recommended you inform your home/ car insurance that you use and have oxygen stored in your property.

## **Future reviews**

The oxygen service will visit you at home 2 months after your oxygen has been prescribed to discuss any problems you may have and review home safety.

You will then have an annual assessment in the Physiotherapy Department.

## **Important numbers**

Baywater - 0800 373 580

(For re-ordering you oxygen and any equipment problems)

Pennine Oxygen Service - 0161 922 3175

(Specialist nurses/ physiotherapists 8.30am to 4.30pm Monday to Friday)

Name of contact .....

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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