

Oxygen

General information about oxygen therapy



Intro

Usually, just by breathing, we receive plenty of oxygen, but when the lungs don't function properly, for example due to certain medical conditions, additional oxygen may be required. If you are reading this booklet, chances are you have been prescribed oxygen by your doctor or medical specialist. We can imagine this may raise some questions. With this booklet we aim to inform you about oxygen therapy and the equipment used. This way we hope to ease any uncertainties. Of course our service extends beyond this booklet. If you have any questions regarding oxygen therapy, feel free to contact us. You can call our consultant at 013 - 531 35 35

Total Care offers a modern variety of equipment aimed at freedom and independence. We have chosen equipment that extracts oxygen from its surrounding, meaning you won't be dependent on third parties to supply oxygen tanks. Our equipment also offers the ability to fill your own portable oxygen cylinder, enabling you to get out of the house and still have access to additional oxygen. Should anything happen, we are always ready to help.

Oxygen

Oxygen is a gas that is essential to our existence. Without oxygen our bodies simply can't function. The human body can only survive for a couple of minutes when deprived of oxygen. The oxygen we breathe in enters our blood through our lungs and is brought to the parts of the body that need energy. Our lungs also dispose the body of carbon dioxide when we breathe out.

In case of certain respiratory diseases, like COPD, less oxygen is absorbed into the bloodstream. This can lead to an oxygen deficit. Long term oxygen deficits can lead to an increased blood pressure in the lungs which can cause the lungs to absorb even less oxygen. This can cause problems for the vital organs. Additional oxygen can decrease the chances of developing or even preventing these effects.

Your doctor has prescribed oxygen treatment at home. The application of oxygen treatment can be necessary in case of certain respiratory diseases or defects. The amount of oxygen in the bloodstream is called saturation. Generally speaking, saturation levels are between 95 and 99%. Respiratory diseases can decrease this level to well below 90%. This can lead to dizziness, shortness of breath, tiredness and can lead to oxygen deficiency in the vital organs like the heart and brains. When saturation levels are consistently low, oxygen treatments is necessary to prevent serious damage to the organs. The volume of prescribed oxygen depends on the severity of the oxygen deficiency. Make sure to always follow your doctor's instructions. Too much or too little oxygen can negatively influence your health.

The most important aspect of oxygen treatment is prolonging your life expectancy. It can also increase fitness and enable you to freely perform activities. However, not everyone will experience the same effects. It could be that the treatment improves your quality of life, even without you knowing it. In case the changes seem unnoticeable, remember that the oxygen does in fact support your body.

Treatment and side effects

In many long term oxygen treatments, doctors will prescribe around 16 hours of treatment per day. Much of this will be during the night. Breathing is often more shallow during sleep, causing oxygen deficiency to occur more quickly. In some cases 24 hours per day of treatment is required. Prescribed hours can also differ depending on daily activity or when patients are in their final stage of life. Next to the number of hours per day, your doctor will also prescribe a volume in liters per minute. The average prescribed volume is between one and two liters per minute.

In some cases it may be deemed necessary to increase the volume to more than two liters per minute. Note that only your doctor may decide to increase or decrease the volume used during treatment. It is important to always follow your doctor's instructions. Total Care will make sure that all devices are set to the correct settings, but it is advised to check the settings every now and then to make sure they haven't accidentally changed.

When following instructions and prescriptions, oxygen won't cause harm or side effects. The treatment may have a few effects, usually caused by the nasal cannula. This includes:

A dry nose. This can lead to irritated mucous membranes. A nasal crème can reduce or prevent this.

Irritated nose, throat or ears caused by friction from the nasal cannula. Cannula wraps are available.



Safety

Conditions

- 1 Quit smoking. Smoking nullifies the effect of your treatment. Not smoking is one of the requirements for supplying oxygen equipment to your home. Smoking also poses a fire and explosions hazard.
- 2 Make sure that other people around you don't smoke.
- 3 Follow your doctor's instructions at all times. The treatment will only work when applied correctly. Never change the oxygen volume without consulting your doctor.
- 4 Contact us whenever you have questions. We are here to help you.
- 5 Follow all safety precautions.

Fire safety

- 1 *Ventilation:* Make sure all rooms are well ventilated, especially the one(s) in which you follow your treatment.
- 2 *Oil and fat:* prevent exposure of fatty or oily products or products containing alcohol to your equipment. These products can spontaneously combust when exposed to pure oxygen.
- 3 *Do not smoke:* we cannot stress enough the importance of not smoking. This applies not only to you, but also to those around you.
- 4 *Open fire:* do not cook on a gas stove and do not burn candles in the vicinity of your equipment. Keep a distance of at least three meters from hearth fires. Avoid any fire if possible.

Instructions

Oxygen is usually supplied through the nose using a nasal cannula. The cannula rests behind the ears and is inserted slightly into the nose. There are different types of cannula, so if you experience any troubles with one type, please let us know. Together we can find a solution. If you experience any irritation caused by the cannula, do not use vaseline. Vaseline is oily and flammable. Instead use water based crèmes. Our recommendation is Nisita nasal crème, available on our webshop.

Irritation can also occur behind your ears. Wraps are available to wrap around the cannula that reduce friction. You can request these through our customer support.

Change the cannula every two weeks. Using a cannula for an extended period of time may cause it to lose its flexibility and can cause the cannula to cause more friction. From a hygienic point of view it is also advised to change the cannula regularly. When you run out, please contact us so we can resupply you.

In some municipalities you are required to inform the local fire department about the presence of oxygen equipment at home. The municipality may also require you to indicate the presence of oxygen equipment at home through a sticker near the entrance of your home.

We advise everyone to check the requirements in their municipality. We also advise the use of a sticker in all cases. During installation of your equipment, we will always provide these stickers.

Oxygen treatment may affect your contents insurance. We advise you to contact your insurance company to inform them about your treatment.

The concentrator



Oxygen concentrators are electric devices about the size of a nightstand. The concentrator filters nitrogen from the surrounding air and supplies you with pure oxygen.

The concentrator has wheels, which makes it easy to move around the house. The concentrator is to remain upright at all times and should only be used indoors. Most concentrators can supply a maximum of five or six liters per minute. Since the concentrator extracts surrounding air it should never be placed in a closed room. Make sure not to place a concentrator close to heaters, fireplaces or radiators and make sure there is a distance to fabrics like curtains or sofas. Make sure the room is well ventilated.

You are somewhat limited in your freedom of movement around the house. We supply tubing of various lengths up to 15 meters to increase that freedom. We cannot supply tubing over 15 meters, as this can reduce the flow of oxygen.

The concentrator should always be plugged into an electric outlet. Note that the use of extension chords can cause malfunctions.

Frequently asked questions

The concentrator makes a thudding sound. Should I worry?

Oxygen concentrators indeed produce a thudding sound. The device contains two large filter-beds that filter carbon-dioxide and nitrogen from the air. The sound that you hear is the device switching between filters and releasing the carbon-dioxide and nitrogen gasses. This ensures a higher percentage of oxygen being supplied by the device.

The concentrator makes beeping sounds. What should I do?

When you hear a consistent tone, the concentrator can't get rid of its oxygen. Please check the following:

- 1 Is the tubing kinked? If so, remove the obstruction.
- 2 Change the cannula. It might be obstructed.
- 3 Check the flow level on the device. If the indicator shows 0, set the level back to the prescribed flow.
- 4 The filter may be full. Clean the filter and place it back.
- 5 Make sure the concentrator is at least 20cm away from any walls or curtains.

If the tone is intermittent it may be caused by a power outage. Please try the following:

- 1 Check to see if the plug is plugged properly into an electric outlet.
- 2 Always plug into a grounded outlet.
- 3 Do not use extension cords or power strips.

The oxygen cylinder won't fill. What should I do?

- 1 Check whether the cylinder is at least half empty. If this is not the case the concentrator won't fill the cylinder. Empty the cylinder first.
- 2 Make sure that both the concentrator and filling station are plugged into an outlet. A light indicates that the devices are plugged in.
- 3 Make sure the settings of the filling station are not turned to OFF or 0.
- 4 Make sure the tubing connecting the device and the cylinder is properly connected.
- 5 If none of this works, please feel free to contact us.

I want to stop my treatment. What is the procedure?

We can only pick up the equipment after receiving a written approval by your doctor. This can be sent to us via e-mail. Without approval we cannot pick up your equipment.

I want to exercise. Is this possible when using oxygen?

Exercise is important to stay healthy. If you have any questions about sports or exercise or if your equipment prevents you from exercising, feel free to contact us.

How long can I use my nasal cannula?

We recommend changing your cannula every two weeks. When you have a cold or nosebleeds you can always change it more frequently.

What can I do to reduce irritation caused by the cannula?

Irritation behind the ears can be tackled using soft wraps. You can request these by phone or through e-mail. Irritation in or around the nose can be alleviated using a crème. Nasal crème can be found in our webshop.

Is oxygen addictive?

No, oxygen is not addictive. You simply receive more oxygen than you usually would, because your lungs don't take in as much as they should. Oxygen is an essential for life. If you need more oxygen, it is usually because your state is deteriorating.

Can I travel with oxygen?

In case you want to travel we advice you to contact us in advance. We can provide further information concerning traveling with oxygen. We also advice to contact your travel agency or airline regarding traveling with oxygen equipment. Especially if you intend to fly and need extra oxygen on board.

The volume per minute or number of hours prescribed has been changed by my doctor. Should I inform Total Care?

When your doctor makes changes to your treatment, we would like to be notified. We would also like to receive a message directly from your doctor. This way we can keep your profile up to date and ensure you have the right equipment and accessories.

How do i clean my equipment?

Clean the nasal cannula using a damp cloth after each use. Clean the concentrator's filter every two weeks. We recommend using a vacuum cleaner. Dust off the concentrator and filling station using a damp cloth. Make sure the settings are correct afterwards. You may accidentally hit some buttons while cleaning.

What is the best way for next of kin to inform Total Care about the death of a patient?

To help to the best of our ability during these hard times you can send us the obituary through e-mail. We would also like to be informed of the date of death so we can properly close the file.

Does insurance cover the costs?

Generally your insurance will cover the costs of oxygen therapy. This applies to the concentrator and to accessories like the nasal cannulae and tubing. If you have more questions regarding reimbursement or insurance coverage, we advice you to contact your insurance company.

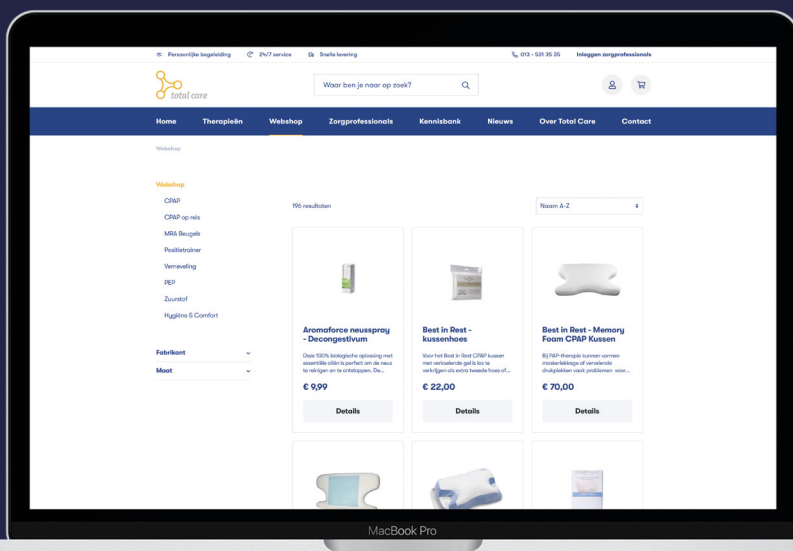
Questions or problems?

If you have medical questions, we advice you to contact your doctor.

If you have technical questions or problems regarding your therapy or equipment, please refer to the instructions manual or contact Total Care.

Total Care is available 24/7 in case of emergency at +013 531 35 35.

More frequently asked questions and answers can be found at:
www.totalcaregroep.nl.



Visit our website for
answers to your questions.

www.totalcaregroep.nl

Your committed supplier of home care equipment.

Total Care also has a YouTube channel filled with informative videos, including some about oxygen therapy. Scan the QR code to visit our channel.

Our videos are in Dutch, but English subtitles are available.



More information about our products can be
found on our website: www.totalcaregroep.nl

Customer Support OSAS

Tel. 013 531 35 35

Available on weekdays from 08:30 to 17:00.

Available 24/7 for emergencies only.

Making an appointment

Tel. 013 531 35 35

Available on weekdays from 08:30 to 17:00.

Address

Poppelseweg 7c, 5051 PL, Goirle

www.totalcaregroep.nl

info@totalcaregroep.nl

Visits only on appointment