

Community Respiratory Service. Short Burst Oxygen Therapy.

You have recently been seen by a specialist who has advised you to use Short Burst Oxygen Therapy oxygen.

Short Burst Oxygen Therapy is also known as SBOT for short or PRN oxygen. PRN is a shortened form of a latin phrase, pro re nata, meaning as needed.

Why do I need Short Burst Oxygen Therapy (SBOT)?

Your assessment has shown that when you exert yourself your oxygen levels are lower than normal. Your oxygen levels are normal when you are at rest and lower when you exert yourself. Oxygen has shown to be beneficial in your recovery after exertion in conjunction with other breathlessness management strategies.

Oxygen should not be used to treat breathlessness when oxygen levels are normal.

We have decided that you need oxygen therapy after exploring different ways of managing your breathlessness.

When should I use my Short Burst Oxygen Therapy?

You will be given advice on when and how you should use your short burst oxygen therapy by the Community Respiratory Service clinician. Usually this will be after you do something that makes you breathless. You should use it for up to 10 minutes each time.



If you feel you need to use your short burst oxygen therapy more because you have a chest infection, you need to contact the Community Respiratory Service for support and advice.

This oxygen is usually supplied via a nasal cannula. This is a thin tube that takes the oxygen to your nose. Sometimes an oxygen mask will be given rather than nasal cannula, these may cause your nose and ears to be sore.

For safety instructions when using your oxygen therapy, please refer to the section "Oxygen Safety".

At what rate and for how long should I use my oxygen for?

You should use your oxygen at: _____ litres/min

The company that supplies your home oxygen will show you how to operate your cylinder and set the flow rate. If the oxygen company tells you that you are using too much oxygen then please contact us to arrange a re-assessment.

It is important that you do not change the flow rate of your oxygen. Increasing your oxygen flow rate without a proper assessment can be dangerous. If you feel that you need a higher flow rate or need more oxygen then we can arrange for you to be reassessed. Oxygen is a drug and should be treated like any other medicine you normally take.

How will my oxygen be supplied?

The oxygen will usually be provided by an oxygen cylinder; however the company that supplies your home oxygen will show you the equipment they intend to use.

Before your home oxygen is delivered you may want to think about where the oxygen cylinders could go. You should also think about what rooms in your house you need the oxygen to reach to. Your oxygen supplier will advise you on the safety aspects of oxygen storage.

The specialist that performed your assessment and advised you to have home oxygen therapy will contact the oxygen supplier to order your oxygen. The oxygen supplier will telephone you to arrange delivery of your oxygen. If you have not heard from them within one week then please contact the Community Respiratory Service. The home oxygen supplier will arrange the delivery of your oxygen direct with you. On their first visit they will show you how to use the equipment and will give you their contact details. If you have any questions or problems with using the equipment they provide to you, you can contact either them directly or contact us. If there is a fault with your equipment please contact the home oxygen supplier.

What follow up will I receive?

The Community Respiratory Service will see you at home within 4 weeks. This will be to make sure you understand the reason for having home oxygen therapy, and to answer any questions you may have.

We will then see you yearly to make sure you are using your oxygen correctly and answer any questions or concerns you may have.

You will continue to be seen by the Community Respiratory Service. If you are unsure of your appointment, or if you have any questions or comments then please contact us.

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