

## Oxygen Assessment (QE)

A member of your medical team has requested an oxygen assessment. This request is usually made by a doctor that you have recently seen in the hospital or your GP.

### What will happen during the appointment?

During the appointment, the Oxygen Team will check your oxygen levels. This will involve using a finger or ear probe and taking blood samples from your earlobe or wrist. The team may also ask you to perform a simple walking test to assess if you would benefit from oxygen when you are moving and walking. The tests usually take no more than 90 minutes.

The tests will be used to see if and when you need oxygen at home, and how much oxygen is needed. You may already have oxygen at home and the team will decide whether you still require home oxygen or they may make adjustments to your oxygen equipment or how much oxygen you need each day.

### What are the potential benefits of home oxygen therapy?

If the assessment shows that your oxygen levels are low you may benefit from using oxygen therapy. Oxygen is not a treatment for breathlessness, even though some people do find it helps to improve breathlessness. Oxygen therapy is prescribed to improve low oxygen levels. Low oxygen levels can worsen your health and increase the risk of you becoming unwell.

#### Pre-test assessment instructions

1. We advise you wear suitable shoes (trainers, pumps, flat lace ups) to the appointment in case a walking test is performed. Walking tests cannot be completed if you have gel nails applied; please contact the department to re-arrange the test at a time when these have been removed.
2. Ensure you bring any walking aids you currently use to help with your mobility. If you become unwell before your oxygen assessment, please contact your GP. If you develop a chest infection the Oxygen Team may need to delay your oxygen assessment until your breathing settles down (usually 6 weeks following treatment for an infection).

If you have repeat chest infections, please ensure that you continue to seek medical advice from your GP and contact the department where we will advise whether you should attend for your oxygen assessment.

### How do I obtain and use home oxygen therapy?

If you need home oxygen therapy, the team will advise you on the equipment you will receive and how and when to use it. Baywater Healthcare, the local home oxygen provider will deliver the equipment and install it safely in your home with your assistance.

### Questions?

If you have any questions, please contact the Home Oxygen Team on: 0121 371 3870 or alternatively email [lf&sadmin@uhb.nhs.uk](mailto:lf&sadmin@uhb.nhs.uk).

Lung function & Sleep  
Queen Elizabeth Hospital Birmingham

## Information for Patients

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