

Tips for Assisting Someone with Oxygen Therapy

Oxygen is handled like a medication and needs to be prescribed and set up by healthcare professionals. When helping a person with their oxygen, follow the steps listed below. *You may also want to ask your healthcare professional if you need to know or do anything else before applying the oxygen therapy.

1. Wash your hands before and after providing care.
2. Place the prongs in the person's nostrils, keeping each side of the tubing under the person's ears and then tightening under the chin.
3. Check the skin where the nasal prongs rest as well as under the chin and behind the ears.
4. Check to make sure the tubing isn't kinked or hooked on anything.
5. Turn the knob on the flow metre until the little ball hovers at the flow rate that was ordered.
6. Document the medication in your medication tracking journal.

**Do not allow anyone to smoke or to have a flame of any kind of flame in the house when using the oxygen. Using oxygen creates a dangerous fire hazard.*