

Your ambulatory oxygen clinic appointment

This information leaflet has been developed to provide information for patients and their relatives about what to expect from your ambulatory oxygen clinic appointment. It also gives details of some contacts you may find useful.

Why have I got this appointment?

If you have received this letter it means that a health care professional feels you may benefit from some oxygen for walking outdoors (which is known as ambulatory oxygen). This may be because they have noticed a drop in your blood oxygen levels when you walk.

This may be your first experience with oxygen, or you may already have long term oxygen but require different equipment to help you have a more independent life outside your home. It is not uncommon for long term oxygen users to require a higher level of oxygen when they walk so please do attend so that we can give you the best treatment for you.

What should I know before I attend?

If you have had a chest infection in the six weeks leading up to your appointment then please let us know beforehand on the contact number stated on the next page. This is because it is best to assess your oxygen needs in a stable state so that we can make sure we are giving you the correct amount.

Wear comfortable shoes as part of the assessment will include a walk test, or sometimes more than one. If you use reading glasses then please bring them with you as you will be asked to fill in some questionnaires upon arrival. We would like you to complete these questionnaires at every appointment so that we can monitor your progress. Please allow up to two hours for your appointment.

What should I expect during the assessment?

We will ask about your current breathing problems and take your oxygen levels. You will do a walk test which may need to be completed more than once to decide upon what level of oxygen you require and how many pieces of equipment you choose to trial. The walk will be over a six minute period at your own pace. Don't worry if you can't walk for six minutes without stopping as you can stop to regain your breath as often as you wish. Also, the test is at your own pace and we use it to monitor your oxygen levels, not your speed.

If following this walk test it shows that you do not need an oxygen prescription then we can discuss other methods of controlling breathlessness and refer you onto other specialties as needed. If the assessment shows that you would benefit from ambulatory oxygen we can discuss and trial the different options available to see which one suits you best.

Contact us

If you have any questions or concerns about home oxygen therapy, please contact the Integrated Respiratory Team who are oxygen specialists on **020 7188 8636** (7 days a week 9am to 4.30pm)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Useful sources of information

British Lung Foundation – For more information about your lung condition and oxygen treatment

t: 08458 50 50 20 w: <http://www.lunguk.org/>

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Leaflet number: 4335/VER1

Date published: December 2016

Review date: December 2019

© 2016 Guy's and St Thomas' NHS Foundation Trust