

Your ambulatory oxygen clinic appointment

This leaflet gives information to patients and their family or carer about what to expect from your ambulatory oxygen clinic appointment. It also gives details of some contacts you may find useful.

Why have you got this appointment?

If you have received this letter a healthcare professional thinks you may benefit from some oxygen for walking outdoors (ambulatory oxygen). This may be because they have noticed a drop in your oxygen levels when you walk.

This may be your first experience with oxygen, or you may already have long-term oxygen but need different equipment to help you have a more independent life outside your home. It is common for long-term oxygen users to need a higher level of oxygen when they walk, so please do come to the clinic so that we can work out the best treatment for you.

What should you know before you come to the clinic?

If you have had a chest infection or any significant changes to your health in the six weeks before your appointment, please contact the Integrated Respiratory Team as soon as possible, **t: 020 7188 8636**. Please be aware that we may need to re-schedule your appointment as it is best to assess your oxygen needs when you are stable.

Wear comfortable shoes as part of the assessment will include a walk test, or sometimes more than one. Please make sure you have at least one fingernail free of nail polish to allow for oxygen monitoring during the walk test. If you use reading glasses 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 the most suitable device and level of oxygen to meet your needs. The walk will last six minutes. 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 this test shows that you do not need an oxygen prescription then we can discuss other methods of controlling breathlessness, and refer you on to other departments if needed. If the test shows that you would benefit from ambulatory oxygen we can discuss and trial the different options available to see which one suits you best.

Useful sources of information

British Lung Foundation – For more information about your lung condition and oxygen treatment, **t:** 08458 50 50 20 **w:** www.lunguk.org

Contact us

If you have any questions or concerns about home oxygen therapy, please contact the Integrated Respiratory Team who are oxygen specialists, **t:** 020 7188 8636, every day (including weekends), 9am-4.30pm.

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

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, Monday to Friday, 9am-5pm

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

This service 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 **w:** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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