

## PATIENT AT HOME OXYGEN MONITORING INSTRUCTIONS

Instructions for use of home oximetry for patients enrolled in COVID@Home Program.

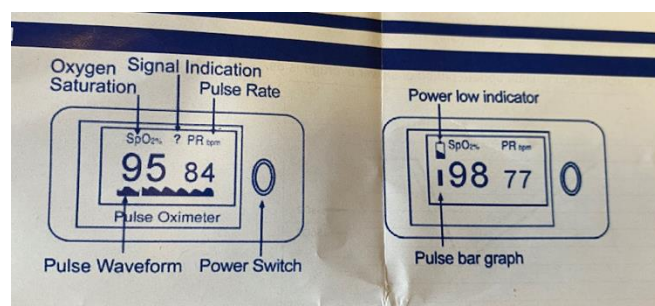
1. At 8 am and 1pm daily, record your oxygen level as a percentage (i.e. 99%). Keep track of ALL readings on paper or electronically. Have these readings available for your telephone contact with the nurse.
2. First, check your oxygen level while you are in a comfortable, resting position for at least 5 minutes, using the instructions below:
  - A. Turn oximeter on by pressing the black button on the front at the right-hand side.
  - B. When the power is on, the display screen will look like this:



- C. Insert finger and wait until the screen displays your O2 saturation level and heart rate:



Display Info:



3. Next remove the oximeter from your finger and walk at a comfortable pace (not quickly, not running or jogging) for 30 seconds in a well- lit area, which is clear of obstacles. After you have finished, sit down, and **immediately** remove any moisture from your finger and place the sensor on your index finger. Allow the probe to rest on your finger for 5 seconds and record the oxygen level.
4. Please measure your oxygen level only at the designated times. If you have questions or concerns please contact your primary care provider or program nurse.
5. Once you have been assessed and cleared for discharge from the program, please return the O2 sat monitor within three days of discharge. If you require support with this, please advise your primary care provider or program nurse.

Link to Instructional Video: <https://www.youtube.com/watch?v=LYERPKHZVko>

\*Information adapted from the LHSC Urgent COVID-19 Care Clinic 2020 and <http://gbfht.ca/wp-content/uploads/2021/01/Patient-At-Home-Oxygen-Monitoring-Instructions.pdf>

