

Using a Pulse Oximeter at home



If you are experiencing Coronavirus symptoms or have been advised to purchase a pulse Oximeter by your GP.

Please remain at home and follow the latest advice (via the NHS website – link below) for the next 10 days or until your symptoms have gone. Pay special attention to hand washing regularly and use of a face mask when around others, even in your home.

Please see the NHS website at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

What is a pulse oximeter?

A pulse oximeter is a medical device that, using a probe attached painlessly to a clean finger, measures your blood oxygen levels.

An ideal blood oxygen level is between 95% and 99%.

An ideal heart rate is between 50 and 90 beats per minute (bpm).

We would expect your oxygen saturations to be at 95% or above when sitting. If it is below 95%, check it again in 5 mins. If it is still below 95%, please follow the emergency advice.

The oxygen saturation may be lower in some people with chronic lung and other conditions even when they are well. The doctor will give you guidance in this event.

How to use a pulse oximeter

You can access this YouTube video which shows how to use the oximeter

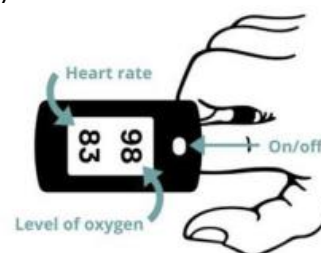
English: www.youtube.com/watch?v=nx27Ck7xOgo
Polish: www.youtube.com/watch?v=Lkd-BNeMvLs
Hindi: www.youtube.com/watch?v=e1ipiJY-zwk
Punjabi: www.youtube.com/watch?v=wU5V6wVEHoM
Urdu: www.youtube.com/watch?v=rkG

or follow the instructions below.

Instructions for use

Cold hands, movement, dirt on the sensor and nail varnish can produce an inaccurate reading, so please follow these instructions:

1. Remove any nail polish or false nails and warm your hand if cold.
2. Make sure you have been resting for at least five minutes before taking your measurement.
3. Your hand should be resting on a flat surface such as a table or pillow at the level of your heart.
4. Switch the pulse oximeter on and place it on your finger. It works best on your middle or index finger (shown in the diagram). It should not be used on your ear.
5. Keep the pulse oximeter in place for at least a minute, or longer, until the result has not changed for five seconds.
6. Record the highest reading in your patient diary. Be careful to identify which reading is your heart rate and which is your oxygen level.
7. Remove the device. It will turn off automatically.



Recording the results from the pulse oximeter

The first time you use the pulse oximeter, you will have your baseline reading which you need to add into the highlighted area of the diary. Once you have recorded this you should take following readings at the same time each day – for example when you normally eat in the morning, at lunchtime and in the evening. You should also use the monitor if you feel there has been any change in how you are feeling and breathing. Please also take your temperature if you have access to a thermometer.

You should record all readings in a diary or on a record sheet which documents the date, time & readings.

What should I do if my symptoms get worse?

You should attend A&E as quickly as possible or call 999 immediately if you experience the following:

- Your blood oxygen levels are 92% or less
- You are unable to complete short sentences when at rest due to breathlessness
- Your breathing gets worse suddenly

OR If you develop these more general signs of serious illness, for example:

- You cough up blood
- Feel cold and sweaty with pale or blotchy skin
- Develop a rash that does not fade when you roll a glass over it
- Collapse or faint
- Become agitated, confused or very drowsy
- Stop passing urine or are passing much less than usual

You should tell the operator you might have coronavirus if you have not had a positive test result. A minority of people with COVID-19 will experience these more severe symptoms. These require urgent

You should call NHS 111 as soon as possible if you experience any new or an increase in any the following COVID-19 symptoms:

- Feeling breathless or difficulty breathing, especially when standing up or moving
- Severe muscle aches or tiredness
- Shakes or shivers
- If you use a pulse oximeter and your blood oxygen levels is 94%, 93% or consistently lower than your usual reading and you feel unwell
- Sense that something is wrong (general weakness, severe tiredness, loss of appetite, peeing much less than normal, unable to care for yourself – simple tasks like washing and dressing or making food).

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