

Weaning Off Oxygen ▶ After Covid-19

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- ▶ 1/20/2021

Tools & what you need to know

- ▶ A Finger Pulse Oximeter.
- ▶ Heart rate below 100 beats per minute (BPM).
- ▶ Liter flow of oxygen 2 to 5 liters per minute (LPM).

Ranges of Oxygen Saturation (SpO2) Levels

- ▶ 97-100% = High Normal
- ▶ 94-96% = Mid Normal
- ▶ 90-93% = Low Normal
- ▶ Below 90% = use oxygen as you were directed
- ▶ The goal is to keep SpO2 (Oxygen) **92% or greater at rest** and **90% or greater with activity or exercise.**

Shortness of Breath (Difficulty Breathing)

Signs and symptoms of shortness of breath:

- ▶ Color of your skin: blue face, lips, or fingernails?
- ▶ Respiratory rate greater than 24 breaths per minute?
- ▶ Heart rate greater than 100 BPM at rest, or greater than 130 BPM with activity?
- ▶ Having difficulty breathing? Breathing too fast or too slow?
- ▶ Using muscles other than your lungs such as your neck, shoulders, collar bones, or rib muscles to breathe?
- ▶ Heaviness in the chest, like an elephant is sitting on your chest?
- ▶ Severe, uncontrollable coughing?
- ▶ Confusion or difficulty thinking clearly?
- ▶ Dizziness? Sweating excessively?

If you're having shortness of breath (difficulty breathing), use your oxygen.

If you were on 2.0 LPM of oxygen, bring it down to 1.5 LPM. If you have any of the signs or symptoms above, then go back to 2.0 LPM of oxygen.

How to Decrease (Bring Down) the Level of Oxygen

1. Slowly turn your oxygen level down by $\frac{1}{2}$ (one half) LPM. (i.e., If you are on 2.0 LPM, bring the flow down to 1.5 LPM).
2. Check your oxygen saturation with your finger pulse oximeter machine after 20 minutes if you just turned down your oxygen level.
3. Check your oxygen saturation every 2 hours when you are not sleeping.
4. If the pulse oximeter machine is at **92% or greater at rest, and 90% or greater with activity or exercise, or when laying down on new oxygen level**, do not change the oxygen level for 12 to 24 hours.
5. Continue to bring down the liter flow by $\frac{1}{2}$ LPM, repeating steps 2-4 above.
6. When your oxygen saturation is **92% or greater at rest, and 90% or greater with activity or exercise, or when laying down on $\frac{1}{2}$ LPM**, then turn off the oxygen.

Check Yourself Without Oxygen When at Rest, Walking, or Laying Down

1. It is important to check yourself **without oxygen with activity or exercise.**
2. If your SpO2 is **92% or greater at rest, and 90% or greater with activity or exercise, and when laying down,** and you don't have any signs or symptoms of shortness of breath (difficulty breathing), you do not need the oxygen.
3. If signs or symptoms of shortness of breath comes back, put the oxygen back on at the lowest liter flow until your pulse oximeter machine is at **92% or greater at rest, and 90% or greater with activity or exercise, or when laying down.**

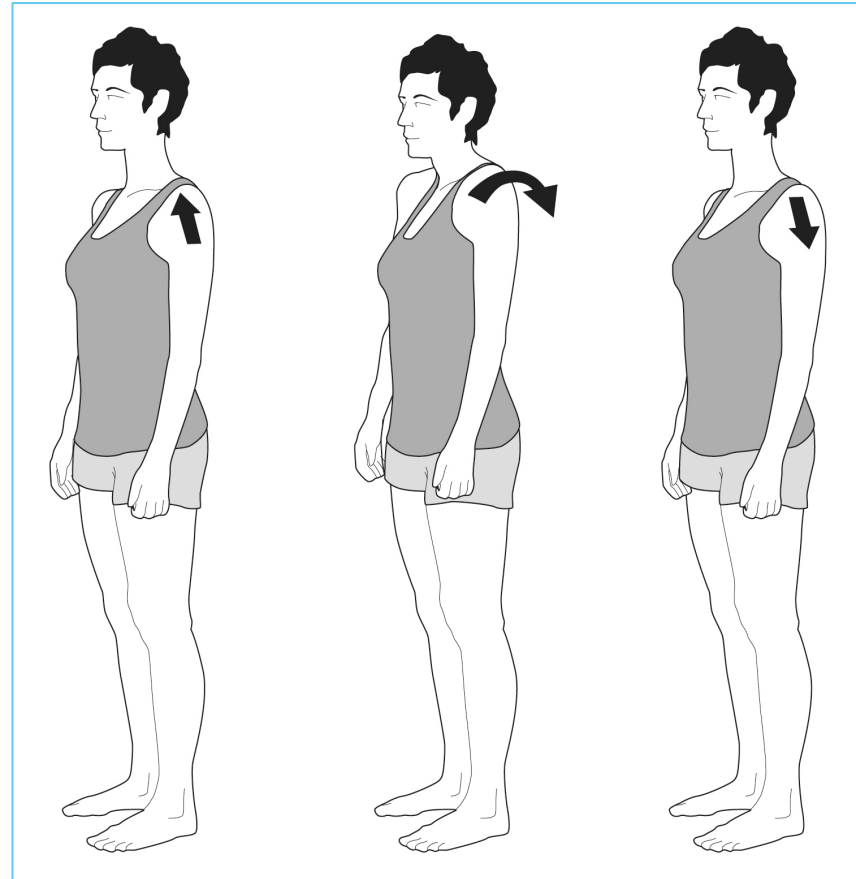
Discontinue (Stop) Oxygen

1. If you have been off the oxygen for 24 to 48 hours and your oxygen saturation is **92% or greater at rest, and 90% or greater** with activity or exercise, and when laying down, you can stop the oxygen.
2. Contact your Doctor, your Pulmonologist, or your Oxygen Coordinator for the oxygen equipment to be picked up within 5 business days.

Breathing Exercises:

Shoulder Roll (start with this exercise)

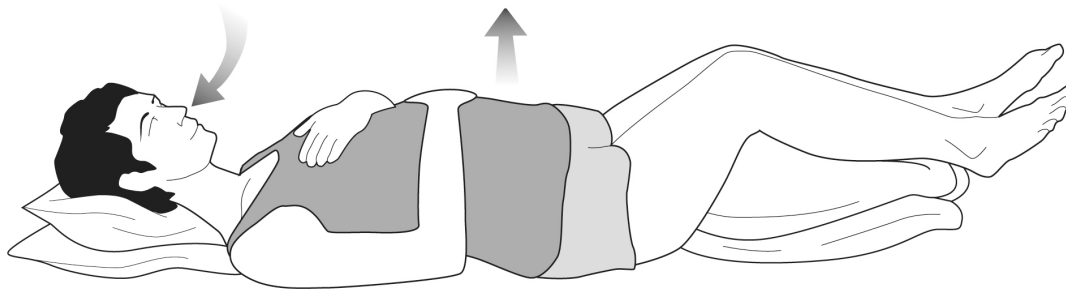
1. Lift your shoulders up toward your ears, back toward your chair, and down toward your hips.
2. This improves your posture, opens your ribs and lungs while deep breathing.



Breathing Exercises: Complete One Shoulder Roll Exercise Before Deep Breathing Exercise

“Refresh”

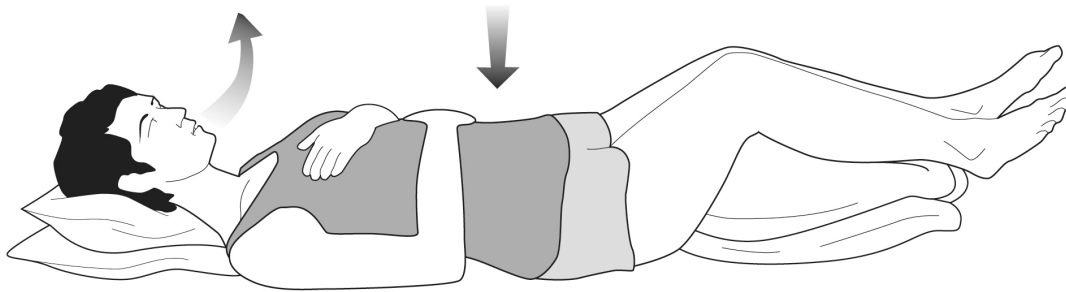
Deep Breathing with Belly Breathing



1. With lips closed, **BREATHE IN** through the nose (breathe in to smell the roses), as your **BELLY COMES OUT**.
2. As you breathe in, say to yourself: “Refresh.”
3. Hold your breath for 3-6 seconds.
4. Do this 10 times, 3 to 4 times a day.

Exhalation with Pursed Lips (Round-shaped lips) and Belly Breathing

“Relax”



1. EXHALE through pursed lips (like you're blowing out your birthday candles; or like you're whistling), as your BELLY COMES IN.
2. Say to yourself: “Relax”.
3. Do this 10 times, 3 to 4 times a day.

CONGRATULATIONS!

- ▶ You did a great job!
- ▶ Please continue to protect yourself.
- ▶ We encourage you to continue wearing a mask out in public, washing your hands throughout the day, and practicing social distancing.
- ▶ Thank you for all you're doing to keep yourself and your community healthy and strong.
- ▶ We appreciate you! Stay safe and be well.