

Patient instructions: Pulse Oximeters provided by your GP

Why you have been given a Pulse Oximeter

You have been assessed and have symptoms of Covid-19 virus and have been provided with a pulse oximeter (oxygen monitor) to enable you to closely monitor your condition until you are well again. Monitoring blood oxygen levels are a very useful way of keeping track of your progress. Your practice will agree with you on how your condition will be monitored.

Preparing to use the Pulse Oximeter

- If you have nail polish and false nails then you need to remove this from one finger
- Get a pen to write down the numbers into your Pulse Oximeter diary included in this leaflet
- Wash your hands to make sure they are warm and clean

Using the Pulse Oximeter

- Make sure you have been resting for at least 5 minutes before taking your measurement
- Rest your hand flat on your leg, a table or arm of chair with nails facing upwards
- Squeeze gently on the hinged end of the Oximeter so that it opens
- **Place a finger (middle finger or index) that does not have nail polish or a false nail into the open side of the Oximeter and let go of the hinge so it closes around your finger**
- Press the button on the top so the screen lights up
- Keep it on your finger for at least 60 seconds OR until numbers on the screen have settled
- **Write both numbers down in the diary provided**
- Remove the device from your finger. It will turn off automatically
- **Please check your readings THREE TIMES DAILY, morning, lunch and evening and record them into your Pulse Oximetry diary**
- Be careful to identify which reading is your heart rate and which is your oxygen level. An ideal blood oxygen level is between 95% and 99%. An ideal heart rate is between 50 and 90 beats per minute (bpm)
- Follow the monitoring guidance below if any results are below set targets



Monitoring and results

Monitoring

- As well as testing your own oxygen levels on a regular basis you will have a follow up on a regular basis with your GP.
- If you were given the monitor directly today by a clinician they will have already checked your oxygen levels and shown you how to use the oxygen monitor.
- If you have not been seen face to face by a clinician, they will have agreed a time to call you back on the same day you had the monitor delivered to talk you through everything
- **If you do not receive a telephone call within 2 hours of receiving the monitor, please call the practice in hours (8.30am-6.30pm).**
- **If your oxygen monitor was provided by the out of hours service (6.30pm-8.30am) please call Herts Urgent Care (0333 9876137).**

- Please check your oxygen levels THREE TIMES per day until advised to stop.

Follow up and results

- A virtual or face to face follow up appointment should have been made at the time that you were assessed or given the pulse oximeter. If an appointment hasn't been made, you need to contact your GP practice.
- The chart on the next page will tell you what to do, based on the oximeter reading.
- If you feel extremely unwell, drowsy, suffer chest pain, extreme dizziness or any other concerning symptom then please call 999. You or whoever calls should inform the 999 operator that you are on an oximetry at home remote monitoring program and what your current oxygen saturation level is if you have it to hand.

Returning the Pulse Oximeter

- If you obtained this monitor through your GP then your monitor will need to be returned. Your GP practice will advise how to do this.

Measuring your Oxygen at Home



Put the Pulse Oximeter on your finger as in the picture, and press the button. The SpO2 is the top number. Please sit with the oxygen monitor on for 60 seconds or until the numbers have settled before taking the first reading.

92% or below
OR

If you are feeling extremely unwell,
drowsy, suffer chest pain or any
other concerning symptom

Call an ambulance

93% or 94%
OR
starting to feel
more breathless

Call the practice for further advice
immediately and tell the
receptionist that you are using a
pulse oximeter for monitoring of
COVID symptoms, stating your
recorded oxygen level.

If it is Out of Hours call, Herts
Urgent Care*, 111 or an
ambulance.
Do not wait until the next day

95% or
more

Walk around your home for 5
minutes and re check your
SpO2

94% or less

95% or more please
write the SpO2 down
and wait for the
doctor to contact you
according to your
agreed follow-up plan

*Herts Urgent Care Contact number
and opening hours: 0333 9876137
(6.30pm-8.30am).

Frequently asked questions

Where can I find more information about how to use the oximeter?

You can access this YouTube video which shows how to use the oximeter or follow the instructions below.

English: <http://bit.ly/oximeterEnglish>

Polish: <http://bit.ly/oximeterPolish>

Hindi: <http://bit.ly/oximeterHindi>

Punjabi: <http://bit.ly/oximeterPunjabi>

Urdu: www.youtube.com/watch?v=rkG

How long should I monitor my oxygen levels for?

You should monitor these until your symptoms improve – normally until 10-14 days from the start of the illness.

What happens if I get worse after this time?

If you develop new symptoms after getting better, depending on the symptoms you are experiencing, you contact either your GP practice, Herts Urgent Care (between the hours of 6.30pm-8.30am- 0333 9876137) NHS 111 or 999.

If a family or friend becomes unwell – what should they do?

Your family/friend member should contact either NHS 111 online at www.111.nhs.uk/covid-19 or by calling 111 if they can't use the internet, or speak to their GP, Herts Urgent Care (between the hours of 6.30pm-8.30am- 0333 9876137) or 999 according to their symptoms.

How long can I keep the pulse oximeter monitor for?

If you obtained this monitor through your GP, we are not asking for them to be returned.

Can I use my own pulse oximeter?

Yes, provided it has a CE kite mark. However, please do not use *smartphones* as oximeters because these have not yet been fully proven as an accurate monitor.

What should I do if I have any problems using my pulse oximeter?

If the problem arises during your GP surgery working hours, please call your practice team for advice. If the monitor is not working outside of the GP practice working hours and you feel **unwell**, please contact Herts Urgent Care (0333 9876137) or 111 for advice. If the monitor is not working and you feel **well**, please contact your GP practice team when they are open to organise a replacement monitor.

Pulse Oximeter diary
Write your results here
Record these three times each day
Results Sheet 1 of 2

Write your Name _____

Write your DOB _____

| Day | | Write Date of Reading | Write Time of Reading | Record SpO2 (oxygen) level | Record PR (Pulse Rate) |
|-------|---------|-----------------------|-----------------------|----------------------------|------------------------|
| Day 1 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 2 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 3 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 4 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 5 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 6 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 7 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |

Pulse Oximeter diary
Write your results here
Record these three times daily
Results sheet 2 of 2

Write your Name _____

Write your DOB _____

| Day | | Write Date of Reading | Write Time of Reading | Record SpO2 (oxygen) level | Record PR (Pulse Rate) |
|--------|---------|-----------------------|-----------------------|----------------------------|------------------------|
| Day 8 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 9 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 10 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 11 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 12 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 13 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |
| Day 14 | Morning | | | | |
| | Lunch | | | | |
| | Evening | | | | |