

COVID Home Oxygen

Patient Information

CRT (Community React Team)

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Why am I on oxygen?

You have been sent home on oxygen because of the affect COVID has had on your lungs. This causes pneumonitis or pneumonia which is inflammation in the air sacs of your lungs. You will then become breathless may have a cough, chills and fever as this gets worse. This can be treated with steroids, antibiotics, vitamins and oxygen among other therapies. Your doctor will decide if you need any further tests or scans after you go home.

As part of your recovery at home a nurse will aim to review you on a regular basis and slowly reduce the oxygen you have been given until it can be removed.

What will happen on the visits?

On discharge we aim to have you seen by an Advanced Clinical Practitioner the day after you come home. The nurse will check how you are by doing similar observations you had whilst in hospital such as oxygen levels and heart rate. We will also check how you feel generally as this illness can have quite an impact on how you feel, including anxiety about what has happened in hospital and what will happen in the future. We will also discuss activity, lethargy, and your diet and aim to see improvements over the next couple of weeks. Don't worry if you feel tired this is normal and you may have days when you only want to sleep and rest. We may also ask you to do directed activities to help you with your rehabilitation and to see how your lungs are working.

What will happen if I need help?

Telephone calls may be arranged to meet your needs in between visits:

Telephone CRT (Community React Team) 01942 481221 between 8am and 10 pm.

Out of hours NHS 111 can be contacted or the NHS 111 website gives lots of information if you just have a query about your diagnosis.

However If you become suddenly unwell and are concerned, have chest pain, coughing up blood, or become very breathless not relieved with resting or taking your inhaler **call for urgent medical assistance on 999.**

If longer term support is required this will be arranged.

What can I do to help myself?

During your illness you may find your muscles feel quite weak and you have lost weight. To replace the muscle lost during your illness eating more protein in your diet can help. Try having more cheese, fish and white meats in your diet as well as the recommended 5 a day fruit and vegetables.

Keep moving around your house if you can, at first you may be isolating from others so some gentle chair based exercises may be recommended for you to keep your active. We will aim to rehabilitate you so you can get back to normality but be prepared for this to takes weeks or months not days.

1. With your feet point to the floor then pull your toes up towards your shin alternate each leg.



2. In this position you can also rotate each foot at the ankle inwards and outwards.
3. In the seated position you can also try lifting your leg off the chair from the hip with your knee either bent or straight depending on which is comfortable. Again alternate each leg, try 5 of these each to start with.
4. Sitting upright put your right arm across your body and place your hand on your left shoulder alternate with the other arm.
5. If you have hand weights or a tin of beans hold it facing palm upwards with a firm grip. Bend at the elbow upwards to the shoulder alternate each arm.
6. Walking around your house and doing stairs will also help you get back some of your strength.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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