

The Importance of Oxygen

- Everyone needs oxygen to survive.
- The air we breathe contains 21% oxygen.
- Home oxygen is prescribed for people with a low oxygen level in their blood.
- Not everyone who is short of breath needs home oxygen therapy.
- Studies have shown that home oxygen therapy improves the survival of people with a chronic lung condition such as chronic obstructive pulmonary disease (COPD) who have a low blood oxygen level.
- **Home oxygen therapy has not been shown to be of benefit to people who are short of breath but do not have low blood oxygen levels.**

The Home Oxygen Therapy Program in Saskatchewan

- ◆ Saskatchewan Aids to Independent Living (SAIL) provides funding for specific oxygen ‘packages’ if you are tested and have low oxygen levels.

- ◆ The testing is done by taking a measurement of your blood oxygen level using one of these methods:
 - ⇒ a blood sample **or**
 - ⇒ a pulse oximeter with a sensor that clips on the finger

TESTING REQUIRED	OXYGEN PACKAGE
<p>RESTING TEST</p> <ul style="list-style-type: none"> • Oxygen levels will be measured while you are at rest. • If a pulse oximeter was used for the test, and your oxygen level is low, the testing will be repeated while you are at rest and using oxygen. • A blood sample does not need to be repeated while you are using oxygen. 	<p>If you have low oxygen levels at rest and your oxygen levels improve while using oxygen, SAIL will provide initial funding for a basic package of: An oxygen concentrator and 10 portable oxygen cylinders (E-Size cylinders or smaller) per month Initial funding is for 4 months, and then testing will be repeated.</p>
<p>EXERCISE TEST</p> <ul style="list-style-type: none"> • Oxygen levels will be measured with a pulse oximeter while you are exercising. • If your oxygen level is low, the testing will be repeated while you are exercising and using oxygen. 	<p>If you have low oxygen levels only during exercise and your exercise ability improves with the use of oxygen, SAIL will provide funding for: 10 portable oxygen cylinders (E-Size cylinders or smaller) per month Initial funding is for 6 months and then testing will be repeated.</p>
<p>SLEEPING TEST</p> <ul style="list-style-type: none"> • Oxygen levels will be measured with a pulse oximeter while you are sleeping. • If your oxygen level is low, the testing will be repeated while you are sleeping and using oxygen. 	<p>If you have low oxygen levels only during sleep and your oxygen levels improve while using oxygen, SAIL will provide funding for: An oxygen concentrator Initial funding is for up to 1 year and then testing may be repeated.</p>

- ◆ After the repeat testing, if you still need home oxygen, and have approval for long term coverage, you can choose to have an alternate oxygen system other than the basic package SAIL provides.
- ◆ If you choose an alternate system (such as a portable concentrator, an oxygen conserving device, a transfill system, or liquid oxygen), some of the costs are covered, however, you may be required to pay any additional costs for this system.

- ◆ Contact a home oxygen supply company about the different oxygen systems available and the cost.
- ◆ **If you have further questions about the SAIL program, please call 306-787-8996 (Regina) or 1-888-787-8996.**

When To Use Home Oxygen



- People who have been prescribed continuous home oxygen should use it round-the-clock, or at least for 18 hours per day.
- 18-24 hours per day includes using oxygen during sleep and during exercise.
- Some people only need to use extra oxygen while they are exercising.
- Others only need extra oxygen while they are sleeping.

Oxygen is not necessarily forever.

For example, if you have a lung infection, you may only need home oxygen until you recover.

The Oxygen Prescription

- Only a physician or nurse practitioner may prescribe oxygen.
- The prescription includes the flow rate of oxygen to be used and when to use it.
- It is very important to use oxygen only at the rate prescribed.
- Do not adjust your oxygen rate above or below what has been prescribed.
- If you do not feel well on the amount of oxygen you are currently using, please see your doctor for a check-up.
- Oxygen is considered a drug; the prescription will need to be renewed yearly, regardless of whether testing is needed.

**OXYGEN CAN MAKE A
DIFFERENCE IF IT IS USED
PROPERLY**

Oxygen Suppliers

There are five oxygen supply companies in Saskatchewan. It is up to you to be a wise consumer and choose the oxygen company that will provide the best service and pricing to suit your needs.

Medigas A Praxair Company

Regina: 306-721-2380
Toll free: 1-800-285-4164
Saskatoon: 306-242-3325
Toll free: 1-866-446-6302

Prairie Oxygen Ltd.

Regina: 306-545-8883
Saskatoon: 306-384-5255
Province wide toll free: 1-877-738-8702

Provincial Home Oxygen Inc.

Prince Albert: 306-764-7344
Regina: 306-790-8491
Saskatoon: 306-651-1243
Province wide toll free: 1-877-352-5025

RANA Home Oxygen

Regina: 306-522-0058
Saskatoon: 306-244-2265
Province wide toll free: 1-855-672-6262

VitalAire Healthcare

Regina: 306-721-0071
Saskatoon: 306-931-3334
Province wide toll free: 1-800-252-9384

HOME OXYGEN THERAPY IN SASKATCHEWAN



THE  LUNG ASSOCIATION™
Saskatchewan

1231 - 8th Street East
Saskatoon, SK S7H 0S5
306-343-9511 or 1-888-566-LUNG

sk.lung.ca