Using the Pulse Oximeter

You have been given a pulse oximeter (aka sats probe) by your clinician. The purpose of this is to assess your oxygen levels while you are at home and to make sure you are improving. Your clinician has determined you are safe to go home today, but there will be a proportion of people who get worse, rather than better and by using the pulse oximeter this adds another layer of safety. Further information regarding what you need to do next is explained below.

1. How to use the Pulse Oximeter?
- Visit **www.ticc19.com**
- Youtube video available at: **https://www.youtube.com/watch?v=LYERPKHZVKo**

The pulse oximeter is a clip which goes over the finger. When attached, after 5-10 seconds it will give you two different numbers; an oxygen saturation level (sometime abbreviated to Sp02) and a pulse rate (may be abbreviated to bpm). We're interested in the oxygen saturation.

2. Recording oxygen levels
Please record your oxygen saturation level four times a day, while resting. Do this for five days. Fill these in to the table below:

Day	Morning	Midday	Afternoon	Night
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

If able, please record one reading after walking 30 metres and have this value in time for your virtual appointment.
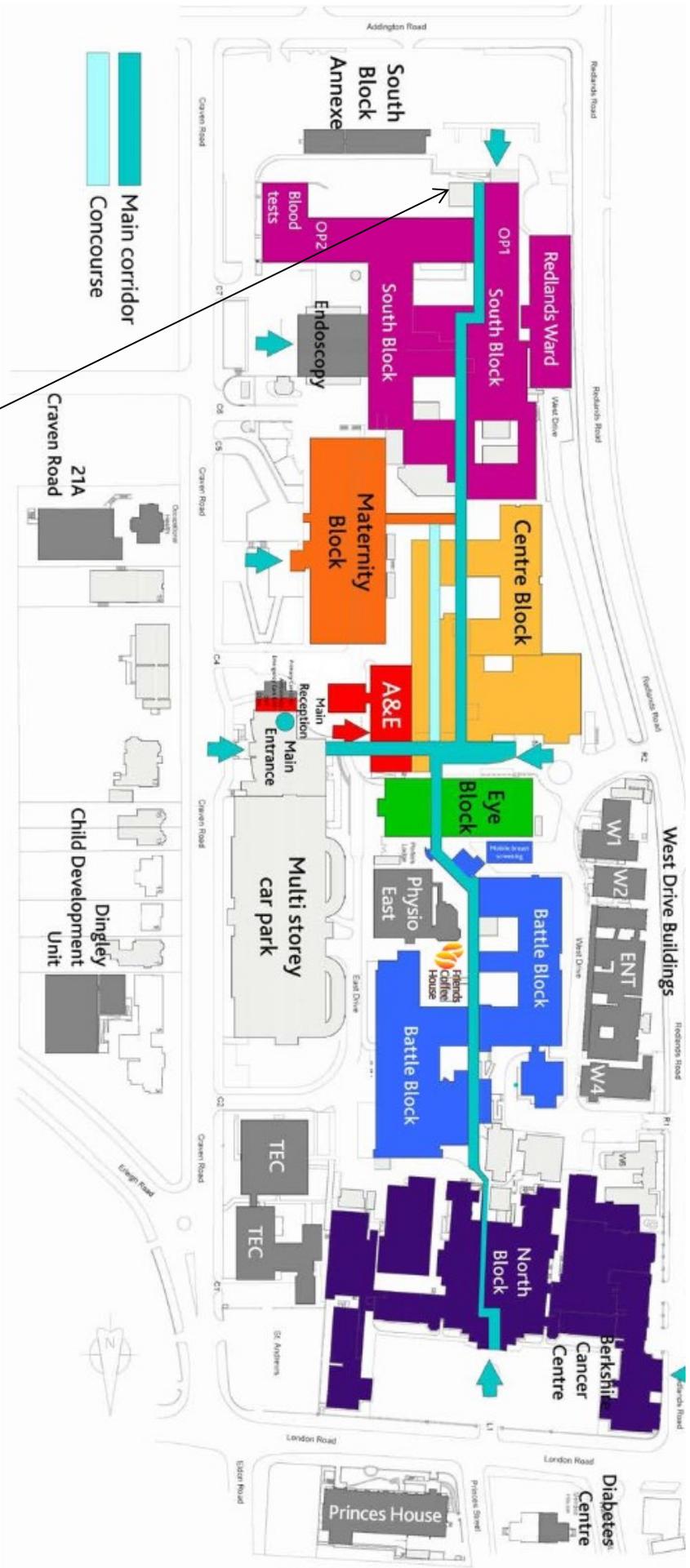
4. Virtual Appointments
You will be contacted by our team every day by telephone for approximately five days to see how your symptoms are. If you have not heard from us by 1pm on the first day after you have been sent home from hospital, or have concerns, please phone on 0118 322 5201 between 9am til 5pm, seven days a week.

3. How to return the pulse oximeter?
Please return the pulse oximeter to the drop off box <u>inside AECU (see map)</u>, *not* to A&E. Please put the pulse oximeter in an envelope and into this bin *when you are well*. AECU is open Monday to Friday 9:00 am til 5:00pm.

4. Red Flag signs and what to do next
If you become more short of breath, or think your symptoms are worsening please seek medical help via 111 or 999.

Map Legend

- Main corridor
- Concourse

Buildings and Locations

Roads:
- Addington Road
- Craven Road
- Redlands Road
- West Drive
- East Drive
- London Road
- Erleigh Road
- Princes Street
- St. Andrews

Buildings:
- South Block Annexe
- South Block
- Blood tests
- OP2
- OP1
- Redlands Ward
- Endoscopy
- 21A Craven Road
- Maternity Block
- Centre Block
- A&E
- Main Reception
- Main Entrance
- Eye Block
- Multi storey car park
- Physio East
- Friends Coffee House
- Battle Block
- Mobile breast screening
- West Drive Buildings (W1, W2, ENT, W4)
- Dingley Child Development Unit
- TEC
- North Block
- Berkshire Cancer Centre
- Princes House
- Diabetes Centre

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