

## Community Respiratory and HOSAR Team

St Pauls Cray Clinic  
Mickleham Road  
St Pauls Cray BR5 2RJ  
Tel: **0300 330 5777**

### Ultimately this user friendly service aims to work with you:

- Oxygen can be dangerous if you are a smoker and it won't have the same beneficial effect if you continue to smoke.
- To enable us to assess you and provide oxygen if it is required we will support you to quit smoking.
- To improve your understanding of your condition.
- To improve your understanding of your symptoms and treatment.
- To provide information on living with oxygen therapy.
- To advise on oxygen use when travelling, holidays and flying. If your oxygen levels are already low or borderline, they can fall dangerously low during air travel. This is because there is less oxygen in an airplane.
- To offer support and advice to you and your family on management and use of your oxygen.
- To ensure you have the correct

**Bromley  
Healthcare**  
better together

The Home Oxygen Assessment service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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**NHS**

## Home Oxygen Assessment Service

Provided by Bromley Healthcare

If you need oxygen therapy, we want to make sure you get the right treatment, in the right place, at the right time. This service follows national guidance for best practice in oxygen therapy.

If you have a long term lung or heart problem, you may experience increasing breathlessness affecting your quality of life. Breathlessness does not always mean that oxygen is appropriate as oxygen therapy is not right for everyone. It is therefore important that you have the right assessment procedure to make sure you have the most effective treatment for you. If you do need oxygen therapy, then the team provide on-going support, regular assessments and advice about living with oxygen.

Our specialists have expertise in respiratory care and provide this service as part of the local Community Respiratory Team.

## How can I benefit from this service?

If you have been diagnosed with a long term lung condition such as COPD and you are experiencing worsening breathlessness and disability, your health care professional may refer you into this service. Once referred, you will be fully assessed by one of our specialists.

If you already receive oxygen therapy, then you'll need regular reviews to ensure you continue to have the most appropriate treatment. For example some people are given oxygen whilst recovering from being in hospital following a flare-up of their lung disease. They may benefit from oxygen when unwell but once recovered, may not need oxygen everyday for the rest of their life. An assessment from our specialists will help determine this.

**You should know that assessments can take up to two hours, so come to be prepared.**

## What does an assessment involve?

A thorough history of your illness is taken along with a review of your medication including any inhalers. Your blood oxygen levels will be tested when you're sitting quietly using a finger probe (pulse oximeter). If these are low we'll do a further test by taking a needle prick blood specimen from your earlobe. This tells us the levels of oxygen and carbon dioxide (waste gas) in your blood.

Some people's oxygen level falls whilst exercising, so your oxygen levels will be checked while you walk to see if you may benefit from portable (ambulatory) oxygen. We may do more detailed tests to determine what is right for you and the best type of equipment you need to fulfil your needs.

## What can I expect from the home oxygen assessment service?

- A comprehensive assessment which will determine which treatment is right for you.
- Arrange oxygen therapy, if appropriate, and provide regular follow up assessments to monitor your progress.
- Check your oxygen prescription and make any necessary changes.
- Provide health education about your condition and advice on treatment and equipment best suited to your needs.
- Where appropriate, refer you to a specialist exercise and education programme to help you improve your self-management and breathlessness (pulmonary rehabilitation).
- If needed arrange for further input from other health professionals to assist in your care.

**Home visits are available if you are too disabled to attend a community clinic.**