

Community Respiratory Specialist Nursing Team

Covid 19 Early Supported Discharge

Respiratory contact number – 01422 835193

You now fit the criteria for early supported discharge.

A respiratory nurse will follow up with you at home.

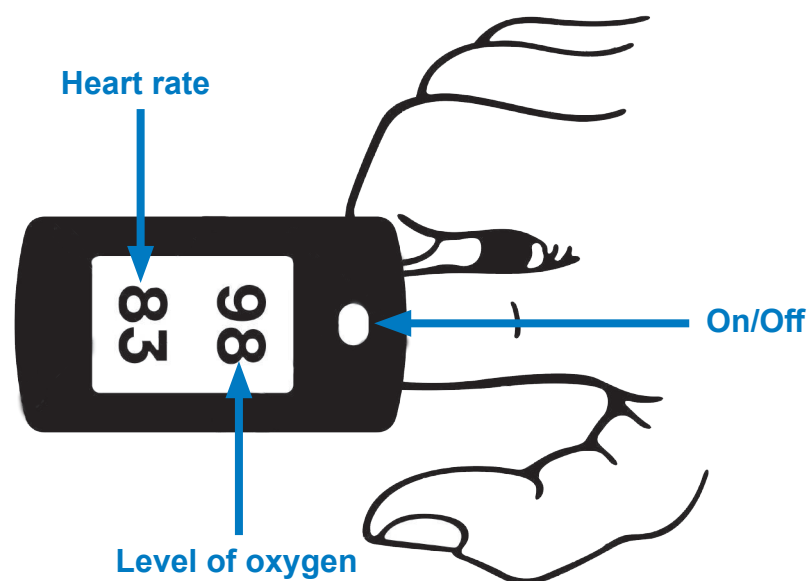
Most reviews will be carried out by telephone call. This will be done daily for the first 5 days following your discharge and then twice weekly for 2 weeks if your condition is stable and improving.

You will be given a Pulse Oximeter to take home and a diary to complete (on the back of this leaflet)

What is a Pulse Oximeter?

A Pulse Oximeter measures how fast your heart is beating and the level of oxygen in your blood. Blood oxygen level is an accurate way to monitor your progress with Covid 19.

An ideal blood oxygen level is between 95% and 99% (however, these parameters may differ in patients with chronic respiratory diseases)



How to use a Pulse Oximeter

- Remove any nail polish or false nails.
- Warm hands if cold.
- Make sure that you have been resting for at least 5 minutes before taking your measurement. (for resting saturations)
- Switch on the pulse oximeter and place onto your finger. It is best to use your middle or index finger.
- Rest your hand on your chest at heart level.
- The reading will take time to steady so keep the pulse oximeter in place for at least 1 minute or longer if the reading keeps changing.
- Record the highest result, once the reading has not changed for at least 5 seconds.
- Be careful to identify which reading is your heart rate and which is your oxygen level.

For further information you can watch a short video on Youtube

<https://www.youtube.com/watch?v=QabKghrtXps>

Record your results in the diary at the back of this leaflet.

Your first measurement is your baseline – record this in the highlighted area.

Take recordings 3 times per day at the same time each day.

Take extra measurements if you are feeling more unwell.

Please also record any changes in how you are breathing and how you are feeling.

If you have any comments about this leaflet or the service you have received you can contact :

Respiratory

Telephone: 01422 835193

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"