Use of Emergency Oxygen
Fixed Flow Regulator

Always use emergency oxygen in conjunction with rescue breathing during a CPR or Respiratory Arrest resuscitation attempt!

To administer emergency oxygen to a patient who is breathing on his own:

1) Be sure the oxygen cylinder is connected to the face mask via the supplied tubing. Attach tubing to the nipple on the oxygen regulator (at the top of the cylinder) and the nipple of the face mask (in front of mask near nose area).
2) Begin the flow of oxygen by turning the black valve on the cylinder regulator approximately ¼ turn. Valve does not need to be completely opened.
3) Confirm that oxygen is flowing into the face mask by placing your hand at the opening of the mask and feeling for air flow while listening for a “hissing” sound.
4) Place the face mask over the patient’s mouth and nose, slipping the elastic band behind his head.
5) Adjust the elastic band so it is holding the mask comfortably in place on the patient’s face, by pulling on the elastic tabs on either side of the mask.

Any patient exhibiting an altered level of consciousness – behavior different from “normal” – can benefit from oxygen administration. In most cases, whenever oxygen is used, 911 should be called to provide a more thorough patient analysis!

Oxygen cylinders, delivery devices and connections should be visually inspected at least once monthly:

1. Check the pressure gauge on the oxygen cylinder to see that it is reading above the red “refill” area.
2. Make sure tubing is attached to both the oxygen cylinder and the face mask.
3. Run your hand down the length of the tubing to check for flexibility and/or tears, holes or breaks which might compromise oxygen delivery.

Remember, always properly prepare and start the flow of oxygen to your delivery device before administering oxygen to the patient!

Oxygen should be stored in secured brackets or lying down, to prevent damage to the neck of the cylinder, which could cause the cylinder to become a projectile. Whenever possible, oxygen cylinders should also be lying down during delivery to the patient.

For questions regarding Emergency Oxygen, please feel free to contact Rescue One!
Indications for use of Emergency Oxygen
Fixed Flow Regulator

Always use emergency oxygen in conjunction with rescue breathing during a CPR or Respiratory Arrest resuscitation attempt!

To administer emergency oxygen to a patient who is breathing on his own:

6) Be sure the oxygen cylinder is connected to the face mask via the supplied tubing. Attach tubing to the nipple on the oxygen regulator (at the top of the cylinder) and the nipple of the face mask (in front of mask near nose area).
7) Begin the flow of oxygen by turning the black valve on the cylinder regulator approximately ¼ turn. Valve does not need to be completely opened.
8) Confirm that oxygen is flowing into the face mask by placing your hand at the opening of the mask and feeling for air flow while listening for a “hissing” sound.
9) Place the face mask over the patient’s mouth and nose, slipping the elastic band behind his head.
10) Adjust the elastic band so it is holding the mask comfortably in place on the patient’s face, by pulling on the elastic tabs on either side of the mask.

The following additional Medical Emergencies would be appropriate for the use of emergency oxygen:

Heart Attack – Call 911 – Time Sensitive Treatments

Symptoms

- Chest Pain
- Back Pain
- Pain in either arm
- Pain that radiates
- Nausea
- Vomiting
- Shortness of breath
- Cold, clammy, sweat
- “Heartburn”
- Lower back pain or GI distress (women)
- Feeling of impending doom
- Hand/foot pain (diabetics)

Treatment

- Have the patient remain calm in a seated or lying position.
- Loosen tight clothing around the neck.
- Keep speaking with the patient.
- Have the patient cough periodically.
- If the patient is not allergic to aspirin, have him chew and swallow one 325 mg non-enteric coated aspirin, or two – four 81 mg “baby” aspirin.
- Administer emergency oxygen through a simple face mask at the fixed delivery rate.
- Be prepared to start the steps of CPR and move oxygen supply to a CPR pocket mask.
Stroke – Call 911 – Time Sensitive Treatments

Symptoms

- Loss of balance
- Paralysis or muscle weakness, specifically on one side of the body
- Facial droop
- Arm drift
- Slurred speech
- Blurred vision
- Sudden severe headache, no known cause
- Eye pain
- Altered level of consciousness

Treatment

- Have the patient remain calm in a seated or lying position.
- Loosen tight clothing around the neck.
- Keep speaking with the patient.
- Reassure the patient that help is on the way.
- Administer emergency oxygen through a simple face mask at the fixed delivery rate.
- Be prepared to start the steps of CPR and move oxygen supply to a CPR pocket mask.
- Do not offer aspirin to a potential stroke patient!

Diabetic Emergency

Symptoms

- Person acts confused or dazed
- Person becomes combative or excessively sleepy
- Person behaves differently than normal
- Patient complains of excessive thirst
- Patient complains of excessive urination
- Loss of consciousness
- Possible “fruity” or “alcoholic” breath smell

Treatment

- Call 911 if the person loses consciousness.
- If the person can swallow and is conscious, give them something with sugar to drink and/or eat – orange juice, soda (not diet), sugar or honey packet, cake icing.
- Administer emergency oxygen through a simple face mask at the fixed delivery rate.
- Be prepared to start the steps of CPR and move oxygen supply to a CPR pocket mask.

Seizures

Treatment

- Call 911 unless the patient has a known seizure disorder and the seizure was not unexpected.
- Do not restrain the person.
- Do not put anything in the person’s mouth.
- Move anything away that may be around the person, so they do not injure themselves.
- If the seizure lasts for more than 5 minutes or there are more than 5 seizures sequentially, be prepared to assist with possible respiratory or cardiac arrest.
- When the seizure has stopped, assist the person to a comfortable position.
- Loosen tight clothing around the neck.
• If tolerated, administer emergency oxygen through a simple face mask at the fixed delivery rate.
• Be prepared to start the steps of CPR and move oxygen supply to a CPR pocket mask.

Asthma

Avoid the primary asthma attack triggers:

• Extreme Heat/Cold
• Exertion
• Allergies
• Stress

Asthma Attack Treatment

• Seat the person comfortably upright.
• Loosen clothing around the neck.
• If trained, assist with the patient’s prescribed inhaler.
• Call 911 for continued trouble breathing.
• After rescue inhaler has been used, to aid in breathing, emergency oxygen may be administered. Deliver emergency oxygen through a simple face mask at the fixed delivery rate.
• Be prepared to start the steps of CPR and move oxygen supply to a CPR pocket mask.

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