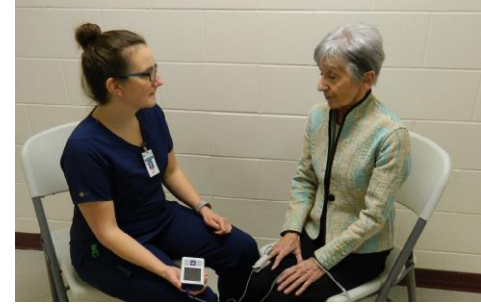


SAIL Home Oxygen Tester's Newsletter

May 2018

Published by The Lung Association, Saskatchewan



Next Home Oxygen Tester's Workshops (via Telehealth)

- Thursday, June 21, 14:00-16:00.
- Thursday, September 20, 10:00-12:00.
- Thursday, December 13, 10:00-12:00

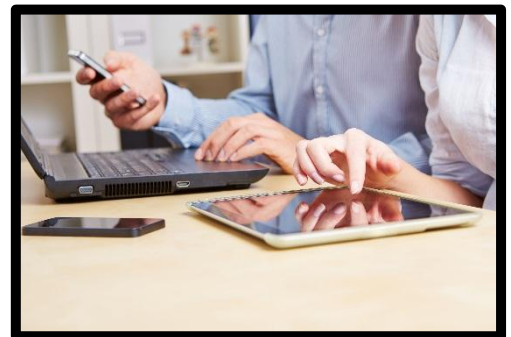
For more information click [here](#).

Upcoming Continuing Education Webinar for Home Oxygen Testers

A 1 hour webinar will be offered on how to use the new Nellcor PM10N oximeters to provide the best testing results to SAIL. You will be able to login from home or work from any device. If you have questions about the program or printing the results, it will be helpful to have access to the oximeter's computer program. Bring your oximeter with you for an opportunity to practice.

The webinar will be recorded and posted to the Lung Association's Home Oxygen website for those who cannot attend.

The webinar will take place on
Tuesday, May 29 at 2 pm.



REGISTER [HERE](#).

**Questions about a client's funding status?
Need more SAIL Oxygen and Palliative Oxygen Forms?**

Call SAIL @ 1-888-787-8996

Questions about oxygen testing, funding criteria, or troubleshooting?

Call Jaimie @ 306-667-3012

Interview with Regina Home Oxygen Tester – Christina Toth, RRT

How long have you been working as a Registered Respiratory Therapist (RRT) and conducting home oxygen testing?

I graduated from SAIT in Calgary in 2005 and have been working in Regina full time for 13 years now. Time flies when you truly enjoy what you do! I have been involved with the SAIL Home Oxygen Program for 4 ½ years, since moving from a position in acute care to long term/community care

What is your favourite part about oxygen testing?

My favourite part would have to be meeting the clients to discuss their respiratory history, concerns, and being able to provide them with some much needed support. Even if they are not requiring home oxygen, being able to recommend who may be best to speak with or where to find assistance. When a client returns and tells you they are grateful for the extra assistance you provided them and how much better they are feeling, it feels fantastic!

What is your biggest challenge?

The Government of Saskatchewan has a great program for clients who require home oxygen. However, it is quite frustrating when we know clients should have received approval from SAIL for long term oxygen coverage, but have not because the stability questions were not completed on their renewal forms. This then forces the client to have to return for additional testing. As a solution I continue to advocate early renewals with physicians and/or nurse practitioners.

Tips for other oxygen testers?

When meeting and testing clients, be a good listener and empathetic, and be thorough and accurate with your testing practices. Some clients may think because they are short of breath most of the time, it has to be due to low oxygen levels. When they are tested and don't meet the criteria for oxygen coverage, they may become upset or discouraged. Offer suggestions of who they could speak with and encourage them to keep investigating the reason for their shortness of breath. Your help and advice could mean a great deal to someone!



Rural Nocturnal Oximetry Updates

The Lung Association of Saskatchewan is contracted by the SAIL program to provide oximeters for nocturnal testing in rural areas. This testing can be time consuming: involving shipping, contacting the client, returning the machine, and in some cases, organizing oxygen for the second night of testing. The system works best if the oximeter is returned to The Lung Association promptly and within a week of the test.

Nocturnal oxygen funding is approved initially for up to one year. Generally, nocturnal oxygen does not require retesting unless requested by SAIL. SAIL determines how long initial funding will be approved for, based on diagnosis and results.

Are you putting your patient at risk?

There are three types of testing for SAIL home oxygen funding qualification: at rest (continuous), with exercise (exertional), and nocturnal testing. Physicians often order all three types of testing. This does not, however, mean that all three tests are necessary or can even be done safely. If your patient qualifies at rest for SAIL funding ($SpO_2 < 87\%$ for two consecutive minutes) further testing with exercise or at night is not required and may even put your patient at risk.

There have been several instances of patients being profoundly hypoxic for far too long. In one case, the average SpO_2 was 73% for the entire night. If your patient has qualified for continuous oxygen therapy and nocturnal testing has also been ordered, please communicate that nocturnal testing is not required to Jaimie at the Lung Association or your local testing department. The patient's name will then be taken off the nocturnal testing waiting list.

As always, room air nocturnal testing is only done if the patient can tolerate the oxygen off for an extended period of time. Patients are also free to put their oxygen on during the test when they perceive that it is needed. They should record the time and the litre flow of the oxygen on the oximetry sheet that accompanies the oximeter.

If you have any questions or comments about testing procedures, please do not hesitate to contact Jaimie Peters at jaimie.peters@sk.lung.ca



B R E A T H E

the lung association

The Lung Association Mission

To improve lung health one breath at a time.

Our purpose is to improve respiratory health and the overall quality of life through programs, education, research, training, treatment and prevention of lung disease, and promotion of a healthy environment and healthy lifestyles.

Lung Association News

2018 Respiriology State of the Art Conference (SOTA)

Saturday, May 26, 2018 - TCU Place, Saskatoon SK

The SOTA conference is an annual spring education conference for physicians, specialists, and nurse practitioners, and other health care professionals. It is hosted by the Lung Association, Saskatchewan in partnership with the University of Saskatchewan, Division of Respiriology, Critical Care, and Sleep Medicine. This professional learning day includes topics of special interest to this group, and also provides opportunity for interactive learning with additional afternoon workshops in areas such as spirometry and chest x-ray interpretation, as well as sleep disorders.

Featuring:

- *Interstitial Lung Disease*
Dr. Veronica Marcoux
- *Sleep Issues in Children*
Dr. Darryl Adamko
- *Asthma & COPD Action Plans*
Dr. Don Cockcroft & Ms. Jennifer Salahub
- *COPD Clinical Pathway*
Dr. Rashaad Hansia
- *Lung Cancer*
Dr. Sunil Yadav
- *Marijuana and the Lung*
Dr. Erika Penz



REGISTER [HERE](#).

Did you know that Saskatchewan is a hot spot for radon?

What is radon? Radon is a gas formed by the breakdown of uranium, a natural radioactive material found in all soil and rock. Long-term exposure to radon is the 2nd leading cause of lung cancer after smoking and is also the leading cause of lung cancer for people who have never smoked.

As radon breaks down it forms radioactive particles that can become lodged into you lung tissue as you breathe. The radon particles release energy that can damage your lung cells. When lung cells are damaged, they have the potential to cause cancer.

Radon and Smoking

The majority of lung cancer deaths are caused by smoking. Radon is linked to ~16% of lung cancer deaths in Canada. If you smoke, or have smoked and your home has high radon levels, your risk of lung cancer is especially high.

Taking Action

The Lung Association along with The Take Action on Radon Saskatchewan Coalition are a dedicated team of partners working together to spread awareness about radon.

**The only way to
know how much
RADON
is in your
home is to test.**

**RADON test kits
sold at
SK.LUNG.CA/RADON**

B R E A T H E
the lung association

**TAKE
ACTION
ON RADON**
SASKATCHEWAN



**Breathe Easy.
Protect your loved ones from RADON.**

You can't see, smell or taste RADON.

**RADON is the second leading cause of
LUNG CANCER.
SK.LUNG.CA/RADON**

TEST: Have you tested your home for radon? [*Order a radon test kit from us online.*](#)

REDUCE and WIN: If you have already tested your home for radon and your results were high, don't delay and take part in our [*Radon Reduction Sweepstakes.*](#) You could WIN a rebate up to \$1000 towards the cost of reducing the high radon in your home. The deadline is fast approaching. All applications must be postdated by June 30, 2018.

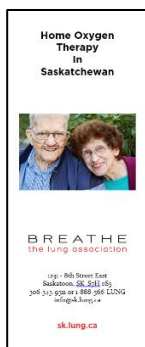
Optional Oxygen Items

With their physician's approval, clients who qualify for long-term continuous or exertional oxygen therapy may request equivalent funding from the standard package applied towards an optional oxygen system of their choice. In order for clients to be eligible for an optional system they must have a good record of continuous oxygen use. SAIL will be able to provide further direction for the optional system qualification.

Optional coverage may also be approved prior to long-term status for users known to have increased mobility requirements, including:

- residents of special care homes or assisted living homes where meals and activities take place in a central location
- those employed outside the home
- those attending an educational facility.

Qualifying beneficiaries may select their own oxygen system from within the range of eligible benefits, including an oxygen conserving device, liquid oxygen system, transfill system or portable concentrator system. Clients are responsible for extra costs associated with these types of systems.



Home Oxygen Therapy Brochures

Home Oxygen Therapy in Saskatchewan brochures are available for your clients. These brochures provide an overview of the purpose of home oxygen and outlines SAIL's Home Oxygen Program details.

Email to have some sent to you or *download now*.

Home Oxygen Suppliers:

It is the clients decision to choose the oxygen company that will provide the best service and pricing for their needs. There are five oxygen suppliers in Saskatchewan.



Testing Reminders:

- ALL oxygen testing requires an order from a physician or nurse practitioner.
- Continuous (resting) oxygen testing should be completed before any exertional testing.
- Both exertional and nocturnal testing requires the client to be STABLE. Client who has not had a hospitalization for a cardiorespiratory event, or had an exacerbation, or change of treatment in the past 30 days.

***NAME, SIGNATURE, TESTER NUMBER, & DATE OF TEST
must always be provided on ALL oxygen testing results.***

This is the number one reason SAIL cannot fund oxygen promptly which creates delays for the client and extra work for the oxygen vendor and SAIL.

Home Oxygen Tester Handbook

Please make sure you have the most recent handbook downloaded and available for referencing. The back of the SAIL Home Oxygen and SAIL Palliative Home Oxygen Forms list all the criteria for funding as well.

Important:

This handbook is a guide to assist you with oxygen testing. Check the [*SAIL Home Oxygen Policy*](#) and your local Policy and Procedure Manuals to ensure you are following protocol.

It is the responsibility of the individual completing home oxygen testing to work within their scope of practice (as guided by their regulatory body or supervisor/management) and job responsibilities in their current work environment.



[*Download the Handbook*](#)