

Home oxygen therapy removal

Information and advice for patients

Community Respiratory Service

Following an assessment of your breathing and oxygen levels, it has been decided that you no longer need to have oxygen at home.

Why don't I need oxygen anymore?

You don't need oxygen therapy anymore because the assessment has shown that it is not beneficial for you. This may be because your breathlessness is caused by your lung or heart condition, not your oxygen levels.

Too much oxygen can be bad for your body because it can cause your carbon dioxide levels (waste gas your body produces and is breathed out) to increase which may make you unwell. Therefore it is important that oxygen therapy is only used by people whose tests have shown that they really need it, as there may be other more effective ways for you to manage your symptoms.

It is normal to feel worried about stopping oxygen therapy, but be assured that this is a very positive step for you.

If I don't need oxygen anymore, why does my breathing feel better when I use it?

When you are feeling breathless, you have been using the oxygen to calm your breathing down, so it is not the oxygen that helps reduce your breathlessness, but the reassurance that the oxygen gives you that has a calming influence on your breathing. Although your body does not need the oxygen, your mind is telling you that you do as over time you have become psychologically dependent on the oxygen and learnt to heavily rely on it.

Another reason your breathing feels better when using the oxygen is that the pressure or flow of oxygen into your mouth or nose makes your brain feel like you can breathe easier.

To overcome this, you will need to manage your breathlessness in other ways.

How else can I manage my breathlessness?

The Community Respiratory Service will give you advice and strategies to help you manage your breathlessness. These may include:

- Breathing techniques
- Body positioning

- Anxiety management
- Using a hand-held fan on your face (this has been shown to give the same relief as oxygen)
- Pulmonary rehabilitation programme (an exercise and education treatment programme to help you improve your fitness and learn how to manage breathlessness)

When will my home oxygen therapy be stopped?

You will be weaned off the oxygen slowly; you will not just have it removed and be left alone. You will also be given plenty of advice on how to cope with your breathlessness without using oxygen therapy, reassurance and an individual oxygen removal plan.

Contact details

If you have any questions or concerns you can contact the Community Respiratory Service:

Monday - Friday 8.00am to 6.00pm

0121 507 2664 option 3, option 4, then option 1

Saturday and Sundays and Bank Holidays 08.30-16.30

Mobile: 07866360145

Sources used for the information in this leaflet

NHS Primary Care Commissioning (2012). *Home Oxygen Service – Assessment and Review: Good Practice Guide*. [Online] Available from: <https://assets.publishing.service.gov.uk/media/5a7c579240f0b6321db388c7/Service-spec-Home-Oxygen-Assessment-and-Review.doc> (Accessed 25 September 2024).

NHS Improvement (2011). *Improving Home Oxygen Services: Emerging learning from the National Improvement Programme*. [Online] Available from: <https://www.slideshare.net/slideshow/improving-home-oxygen-services-emerging-learning-from-the-national-improvement-projects/16274500> (Accessed 25 September 2024).

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A Teaching Trust of The University of Birmingham

Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

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M5327

Issue Date: November 2024

Review Date: November 2027