

**St. Joseph's Urban Family Health Team**

**COVIDCare@Home**

Pulse Oximeters are medical devices that use red and infrared light to determine how much oxygen is circulating in your blood. The device is designed like a clip that covers the tip of your finger. Pulse oximeters measure your oxygen level and your heart rate. They must be positioned properly and used on fingers with good circulation.

**Program Overview:**

**A: Daily at 8 am and 1pm monitor your oxygen saturation (SpO2).**

**B: Record your oxygen level, at rest & after comfortable walking.**

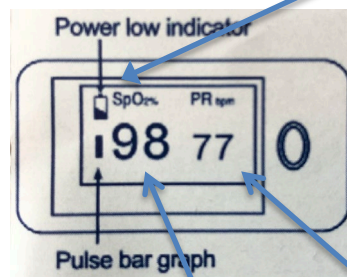
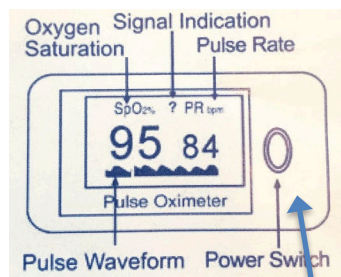
**C: Write all readings on paper log provided or electronically.**

**D: Have these readings available for your telephone contact with RN.**

**E. Detailed steps to follow.**

\*See Appendix A for how to add batteries.

**Oximeter display:**



**Battery  
low  
indicator**

**Power button**

**Oxygen  
Saturation  
(SpO2)**

**Pulse Rate (HR)**

## Patient Instructions for use:



### SpO2 Reading after Sitting at Rest:

1. Ensure that your **hands are clean and relatively warm.**
2. **Sit in a comfortable position.**
3. Remove any nail polish, artificial nails bandages or anything else covering your nails. Do not monitor oxygen levels while sleeping. Please measure your oxygen level only at the designated times, unless a change in your symptoms.
4. **Open the pulse Oximeter like a clothes-pin. Do not force it,** it should open easily and just wide enough to allow your finger to fit inside.
5. **Slide your first or second finger from either hand as far in as it will easily advance.**
6. The pulse Oximeter will **turn on** after your finger is inserted & you **press once on the power button** after you insert your finger.
7. While waiting for the numbers to stabilize, check the battery indicator on the display. **If the low battery is on contact home clinic for advice.**
8. Try to keep your **hand relaxed and still** while the pulse Oximeter is measuring your oxygen level.
9. **After about 1 minute record your oxygen level.** The larger number on the display is your oxygen level, the other number is your heart rate.
10. **Remove the pulse Oximeter from your finger.** The device will turn off automatically and is ready to use again.

## **SpO2 Reading after Walking:**

- 1. Remove the Oximeter from your finger. Put it in a safe place.**
- 2. For 30 seconds walk at a comfortable pace.** Not fast. Not running or jogging. Be sure area is well-lit and clear of obstacles.
- 3. After 30seconds walking** at a comfortable pace, **sit down.**
- 4. Immediately remove any moisture from your finger** and place the sensor on your index finger.
- 5. Apply Oximeter to finger.** Allow the probe to rest on your finger for 5 seconds.
- 6. Record the oxygen level on your log sheet** provided.
- 7. Have this log available for phone check-in appointments.**
- 8. Remove the pulse oximeter from your finger.** The device will turn off automatically and is ready to use again.
- 9. Put Oximeter in a safe place, ready for next use.**

## **If the numbers are not displayed consistently:**

- Make sure that your finger is all the way inside the oximeter.
- Try another finger if still not reading.
- Ensure the finger is warm, do not clench your fist and keep your hand still.

## **Cleaning:**

- **Do not get the oximeter wet.**
- **Wipe with a small alcohol wipe.**
- **Do not use other disinfecting/ antibacterial wipes** as they may damage the digital display.

## **Results:**

The maximum oxygen level is 100% and lower levels indicate that you have less oxygen circulating in your blood. If you have been prescribed home oxygen therapy, note beside the recording whether the measurement was done while using oxygen. Your care team will advise you what pulse oximetry levels are acceptable for you.

**Generally, an oxygen level of 93% or greater is acceptable. If your reading is less than 93% contact your care team.**

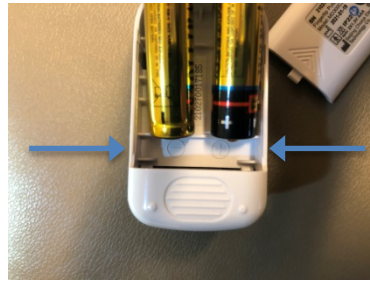
**If your reading is lower by more than 3% from the previous day try a different finger to check the accuracy. If that reading is the same, contact your care team:**

- Ensure that you are sitting and resting in a comfortable position. Loosen any tight clothing. Let someone in your home know that your oxygen level is lower.
- If you have been instructed to use your oxygen, to take any medications or to perform any breathing exercises, do that now.
- If you are very short of breath, feel dizzy, have chest pain or feel very unwell, call 911.

## Appendix A: Adding Batteries



1. Slide the back of Oximeter toward arrow to open.



2. Install 2 batteries, size AAA. Match the plus (+) and the minus (-) signs on the Oximeter with the plus (+) and the minus (-) signs on when inserting



3. Return the back of the Oximeter & slide away from arrow to click closed.