

LIVING WELL WITH PULMONARY FIBROSIS BY RESPIPLUS™

A Learning Tool for Patients and Their Families



INTEGRATING LONG-TERM OXYGEN THERAPY INTO YOUR LIFE

This guide belongs to:

Healthcare Professional:

Institution:

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THE SKILLS YOU NEED TO MANAGE YOUR PULMONARY FIBROSIS

Pulmonary Fibrosis (also known as interstitial lung disease) is a disease that can affect every part of your life. As the disease progresses, so will its impact on your life and your daily activities. The exacerbations of the disease, or period of worsening symptoms can greatly affect your quality of life.

There are things that you can do to help you live well with this disease. This module is part of “Living well with Pulmonary Fibrosis”, a self-management program, created for those affected by the disease by medical experts in collaboration with patients.

HOW CAN THIS PROGRAM HELP ME?

With “Living well with Pulmonary Fibrosis” you will learn skills to adopt healthy new lifestyle behaviours. This module is your guide. It was designed for you to be able to review at your own pace. Take it from the top or skip to the topics that are most meaningful to you. Share it with people close to you so that they can understand what you are going through.

We wish you well as you go through this program. Do not hesitate to discuss whatever thoughts and feelings you have with your resource person, professionals in your healthcare team and your physician.

On behalf of Team RESPIPLUS



RESPIPLUS

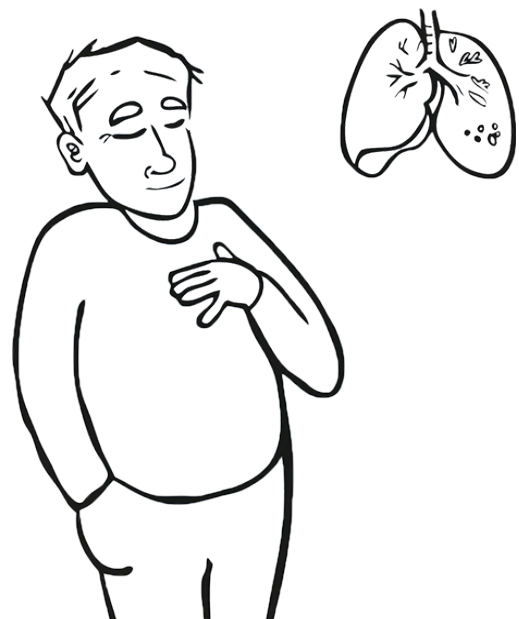
WELCOME TO THE MODULE "INTEGRATING LONG-TERM OXYGEN THERAPY INTO YOUR LIFE"

Identify, with the help of your resource person, the subjects on which you need additional information to better manage your Pulmonary Fibrosis. Check off each subject that interests you or is important for you at this time.

Integrating long-term oxygen therapy into your life

☐ Understanding the need for oxygen therapy in Pulmonary Fibrosis	5
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Living well with Pulmonary Fibrosis means adopting and maintaining healthy life habits and behaviours in order to improve your quality of life.



INTEGRATING
LONG-TERM
OXYGEN THERAPY
INTO YOUR LIFE

YOUR DOCTOR HAS SAID YOU NEED LONG-TERM OXYGEN THERAPY

Why do you think your doctor has prescribed oxygen therapy?

What worries you most about the idea of using oxygen?

Do you know someone on oxygen therapy? If so, have you spoken to that person about it?
If yes, what did you talk about?

UNDERSTANDING THE NEED FOR OXYGEN THERAPY

Many people on oxygen are anxious at the thought of having to use oxygen: this is a normal reaction. Their main concerns are:

- The significant changes oxygen therapy will make in their life
- The dangers and the fears related to the use of oxygen

In this module, these topics will be discussed and you will find out more about your oxygen therapy, which will take care of any fears you may have. Do not hesitate to ask your doctor or resource person for advice.

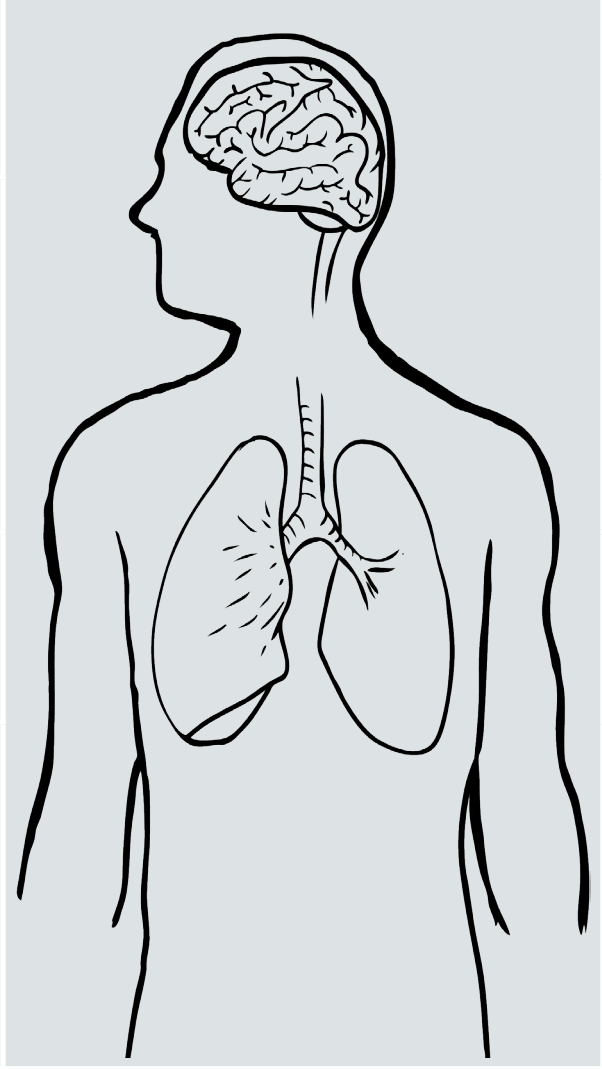
OXYGEN IS ESSENTIAL FOR LIFE

Oxygen is the body's "fuel."
The organs and muscles use oxygen to function and discard carbon dioxide as waste.

As pulmonary fibrosis gets worse, the amount of oxygen the lungs are able to carry to the blood decreases. The interstitium (part of the lung where gas exchange occurs) become stiffer and thicker and lung fibrosis makes it harder for the oxygen to reach the blood circulation.

This can vary a lot between patients. Some people will have rapidly progressive lung fibrosis while others will experience a slower progression of disease.

UNDERSTANDING THE NEED FOR OXYGEN THERAPY

HEALTHY PERSON		PERSON WITH PULMONARY FIBROSIS
The lungs make it possible for the blood to take in oxygen		The lungs' interstitium becomes more and more damaged by fibrosis, less oxygen reaches the blood circulation
Oxygen is carried throughout the body in the blood		The blood contains less oxygen
To function properly, the organs and muscles consume oxygen (fuel) and discard carbon dioxide (waste)		The organs (heart, kidneys, brain) and muscles receive less oxygen, which can impair their functioning

CHRONIC LACK OF OXYGEN IN THE BLOOD

Your doctor may have said you have “chronic respiratory failure” and therefore you need oxygen therapy at home. Chronic respiratory failure is a permanent lack of oxygen in the blood.

A chronic lack of oxygen in the blood may cause difficulties in the body’s function, and may show up in several ways:

- 1. More rapid onset of fatigue, especially during physical activity.**
- 2. Problems with memory and concentration; sleep disorders.**
- 3. Swelling (edema) of the legs.**
- 4. A bluish tinge (cyanosis) of the fingertips, earlobes or lips.**
- 5. Onset and/or aggravation of heart disease.**

HOW TO TELL IF YOU HAVE A CHRONIC LACK OF OXYGEN IN THE BLOOD

Your doctor examines you and decides to measure the amount of oxygen in your blood using one of these tests:

OXIMETRY

A pulse oximeter is a device with a sensor that attaches to the finger or ear to estimate the amount of oxygen in the blood, or “oxygen saturation (SpO_2).” This test, which is quick and painless, can tell whether your oxygen levels are too low (SpO_2 less than 90%). If so, a more precise arterial blood gas test is performed.

ARTERIAL BLOOD GAS

A small amount of blood is taken from a blood vessel (usually an artery in the wrist). This test can accurately measure the amount of oxygen (or PaO_2) and carbon dioxide (or PaCO_2) in the blood. It can confirm the need for oxygen therapy.

If you have chronic lack of oxygen in the blood, your doctor may prescribe a long-term oxygen therapy at home. This treatment is designed to maintain your blood oxygen at the level required for your organs to function properly.

UNDERSTANDING HOW OXYGEN HELPS

What do you know about the advantages of using long-term oxygen therapy?

Objective:

To increase the amount of oxygen in your body to respond to the needs of the various organs (brain, heart, muscles, etc.)

Side effects:

None or minor (dry nose and eyes) if patients comply with proper use

Benefits:

- Reduces the feeling of fatigue and shortness of breath in some patients
- Improves exercise tolerance, sleep and quality of life

POINTS TO REMEMBER:

1. Long-term oxygen therapy is not habit-forming.
2. If you stop the oxygen therapy when the tests had shown you need it, the amount of oxygen in your blood will drop within a few minutes. The human body cannot store oxygen. Especially when you have pulmonary fibrosis, your oxygen saturation (SpO2) can decrease quite a lot and rapidly under 90%
3. If you smoke, the treatment may be less effective and you risk burns or causing a fire. So it's very important for you and people around you that you stop smoking.
4. In some regions, a long-term oxygen treatment is not indicated for people who smoke.

YOUR OXYGEN PRESCRIPTION

Oxygen is a medication. As with other medications, your doctor prescribes an oxygen therapy that is adapted to your needs.

WHAT HAS YOUR DOCTOR PRESCRIBED?

- **Oxygen flow rate** (*in litres per minute*):

This is the amount of oxygen required to cover your body's needs.

You may have different flow rates: resting, on exertion, and sleeping.

- **Duration of administration:**

This is the number of hours per day during which you will have to take your therapy.

- **Type of equipment**

(supply) that will provide the oxygen.

You need to use your oxygen for _____ hours per day.

Single flow rate: _____ litres/minute

Different flow rates: resting _____ litres/minute
 on effort _____ litres/minute
 sleeping _____ litres/minute

YOUR OXYGEN PRESCRIPTION

REMEMBER:

- If you take your oxygen at a different flow rate than the one prescribed, the benefits will decrease or simply disappear.

When will the oxygen start to take effect?

Most people with pulmonary fibrosis feel the effects of the oxygen quickly. There is more oxygen reaching the blood circulation and the organs.

Can the effect of the oxygen wear off?

No, but the worsening of your lung fibrosis will require as the time goes on a greater oxygen flow rate to maintain enough oxygen in the blood. You may need, as the disease progresses, very high oxygen flow rates. Your doctor will monitor the state of your health and your test results on a regular basis in order to adjust your oxygen flow rate to the needs of your body.

REMEMBER:

- Taking oxygen is not habit forming, but rather helps you live better with pulmonary fibrosis

BECOMING FAMILIAR WITH THE DIFFERENT TYPES OF OXYGEN EQUIPMENT

What do you know about the ways of administering oxygen? Have you seen oxygen equipment?

What type of equipment has been prescribed for you?

There are different types of equipment to supply oxygen

Oxygen can be administered using:

- A concentrator (the most economic mode of supply)
- Oxygen cylinders
- Liquid oxygen tanks (the most expensive option)

All these **equipments are easy to use**. All you need to do is regulate the flow of oxygen coming out.

This equipment may be **fixed or portable**. Fixed equipment covers oxygen needs at home. Portable equipment is used to deliver oxygen when you leave home.

Your doctor will decide whether you need oxygen for your trips outside your home. In some provinces of some countries, portable oxygen is not offered automatically. If you need oxygen for your outings, your resource person or your home oxygen provider will select the equipment best suited to your needs.

All these equipments must be **cleaned on a regular basis** following your resource person's or your home oxygen provider's instructions.

OXYGEN CONCENTRATORS

What is an oxygen concentrator?

An oxygen concentrator is an electrical device that **concentrates the oxygen in ambient air**: this means it does not have to be refilled.

Most concentrators are **fixed** (they weigh 20-30 kg and are on wheels). Others are **portable** on a small cart, on a strap or in a backpack.

Some concentrators are combined with another electrical device, a compressor, which allows the refilling of oxygen cylinders for use on trips outside.

What is the autonomy of a concentrator?

Fixed concentrators have an electrical connection. **Portable** concentrators are equipped with batteries and can also be plugged into an electrical connection. An alarm will sound if there is a malfunction or power failure.

DON'T FORGET!

Every time you turn on the concentrator, wait for a few seconds before checking the flow control. **When you turn it off**, do not reset the flow control to zero. Leave it open to relieve excess pressure.

Do not place objects on top of the concentrator, especially glasses of water. Do not obstruct the air-intake filters: for example, do not place the concentrator on a carpet, or store it in a closet.

Your resource person or your home oxygen provider will:

- Give you detailed use and maintenance advice
- Explain specific safety precautions for this mode of supply

OXYGEN CYLINDERS

What is a medical oxygen cylinder?

A medical oxygen cylinder contains **oxygen in gas form**, compressed under heavy pressure in order to contain more gas. A pressure-regulating valve (regulator) at the top of the cylinder reduces the oxygen pressure to make it usable.

What is the autonomy of an oxygen cylinder?

The autonomy depends on the size of the cylinder and the flow rate used, which is why these cylinders are most often used as a supplement to a concentrator; i.e., when you are going out, or if there is a malfunction or power failure.

Cylinders may also be equipped with an “oxygen conserving device,” which increases their autonomy: the valve cuts off the oxygen just after your inhalation, and restores the flow on your next inhalation.

Depending on their size and weight, **some cylinders can be transported using a strap or a small cart.**

DON'T FORGET!

Every time you turn on the cylinder, check the flow control. When **you have finished using your cylinder**, turn off the valve, wait for the indicator to return to the red section and then change the flow rate to zero.

Your resource person or your home oxygen provider will:

- Give you detailed use and maintenance advice
- Choose with you the size of your cylinder based on your needs
- Help you gauge the number of hours of autonomy of a cylinder
- Explain specific safety precautions for this mode of supply

LIQUID OXYGEN TANKS

What is a liquid oxygen tank?

These tanks look like Thermos bottles; they contain liquid oxygen (oxygen liquefies at very low temperatures); this means a large amount of oxygen can be stored in a small space. Liquid oxygen becomes gas as it leaves the tank and it is this gas that you inhale.

What is the autonomy of a liquid oxygen tank?

You will receive two types of tanks:

- **A large tank** that does not leave your home. This tank does not use electricity but needs to be refilled on a regular basis by your provider, depending on the flow rate and the number of hours of use per day (on average 2 to 4 times a month).
- **One small portable tank**, for moving around your home or outside. You refill this tank yourself from the large tank. It can be transported using a strap, on a cart or in a backpack.

DON'T FORGET!

Liquid oxygen evaporates: The amount of liquid oxygen in the tank will dissipate even if the flow control is at zero. This means it is a good idea to refill the portable tank just before going out.

Liquid oxygen is extremely cold and can cause burns: if the tank valve releases a small amount of liquid oxygen, wipe it with a clean, dry cloth and always wear gloves.

Your resource person or your home oxygen provider will:

- Give you detailed use and maintenance advice
- Help you gauge the number of hours of autonomy of your equipment
- Explain how to refill the portable tank yourself
- Explain specific safety precautions for this mode of supply
- In certain provinces of certain countries, liquid oxygen is not provided by the government due to its high costs

YOUR OXYGEN EQUIPMENT ACCESSORIES

Nasal cannula

The oxygen will be delivered from the supply to your nose by means of the “cannula.”

- **Blow your nose regularly** to prevent secretions from building up in your nose.
- **Breathe through your nose.** Breathing through your mouth dries out the mucous membranes.
- If your nose is dry, **use a water-based lubricant.** Never use petroleum jelly (Vaseline®) or an oil-based lubricant.
- **Clean your nasal cannula every day and change them on a regular basis (around every 3-4 weeks).**
- Before attaching your nasal cannula, **make sure the oxygen is flowing correctly out of the tips** by immersing them in a glass of water (bubbles appear) or touching the ends of the cannula with a wet finger (cold sensation).

Connector tube

This is an extension tube that lets you move around the home while remaining connected to the oxygen supply.

- **Make sure this tube is not twisted or caught,** which would prevent the normal flow of oxygen.
- As with the cannula, you can immerse the tip of the tube in a glass of water **to make sure the oxygen is flowing correctly.**
- **Avoid multiple connections:** an excessive length of tubing (more than 30 metres) and multiple connections increase the chance of leaks and reduce the amount of oxygen you are inhaling.



SAFETY RULES

Oxygen does not burn or explode, but it does fuel fire. Three things are needed to start a fire: oxygen, heat and combustible material. When a flame or spark has an oxygen supply, the fire burns much faster and at a much higher temperature. It is very important to observe the following safety rules to avoid serious incidents that could affect you or those around you.

1. Never smoke or let anyone smoke in the room where your oxygen supply is located (concentrator, cylinder, tank, nasal cannula). Never let anyone smoke close to you when you are using your oxygen.

If you or members of your family smoke, this is the time to stop. There are lots of ways of helping you to quit smoking; talk to your doctor or resource person about it. Do not forget that in some countries, **oxygen therapy** is not indicated than **not prescribed for people who smoke**.

2. Never place the oxygen supply near live flame, sparks or heat such as a lighter, candles, matches, fireplace, radiator, furnace, water heater or stove.

Keep the oxygen supply at least 3 metres (10 feet) away from any source of flame or spark. If there is a power failure, use a flashlight. If you use a gas or electric stove, turn off your oxygen equipment and take off your nasal cannula before using the stove.

3. Do not oil or lubricate your oxygen equipment.

Keep the equipment away from any flammable material (grease, oil, paint, gasoline, solvent, alcohol, etc.).

4. Do not use your equipment when:

- You are applying to your body an oil-based product (cream, make-up, insect repellent)
- You are using an aerosol container (paint, air freshener, insecticide, etc.)

5. Do not try to repair your equipment yourself.

Contact your resource person or your home oxygen provider.

LIVING WITH LONG-TERM OXYGEN THERAPY

The use of oxygen is an integral part of your treatment for pulmonary fibrosis. You are now going to learn how your oxygen therapy will help you to live better on a day-to-day basis:

- To do everyday activities and those that require physical exertion (such as exercise)
- To sleep well
- To travel
- During periods of symptoms worsening (exacerbations)



PHYSICAL ACTIVITIES AND OXYGEN

Many day-to-day activities require physical effort, for instance, climbing stairs, exercising, cycling, washing, making your bed, using the toilet, housework and even sexual relations.

Oxygen needs increase with effort intensity. Lung fibrosis makes it harder for the oxygen to reach blood circulation and supply enough to all organs. This is why it is so important for you to use oxygen while doing physical effort.

Objective:

To increase the amount of oxygen in your blood and supply enough to all organs during physical effort.

Benefits:

- Decrease fatigue, get back energy
- Decrease anxiety and gain control over breathing
- Improve tolerance on exertion (e.g., taking longer walks)
- Do more activities you enjoy

POINTS TO REMEMBER:

1. Oxygen can help you accomplish your day-to-day tasks:
 - Use oxygen when you are making your bed, getting dressed, taking a bath or shower, using the toilet, etc.
2. Your oxygen prescription will indicate whether you need to increase your flow rate during exertion.

Talk about it with your doctor and your resource person, who will be able to help you.

GETTING A GOOD NIGHT'S SLEEP WITH OXYGEN

Because breathing slows down, the amount of oxygen in the blood decreases during sleep, which can be disruptive.

Objective:

To prevent a drop in the amount of oxygen in the blood during the night (nocturnal desaturation)



Benefits:

Oxygen taken when sleeping may:

- Improve the quality of sleep for some people
- Avoid complications associated with night-time drop in oxygen

REMEMBER:

It is possible that you may need some time to adapt to the use of nasal cannula during sleep. There exist different types of cannula and comfort adapters. Talk to your resource person or your home oxygen provider if necessary.

Do you have any concerns about the use of oxygen during sleep? If so, which ones?

Talk about them with your doctor or your resource person, who will be able to help you.

TRAVELLING WITH OXYGEN

Objectives:

- To continue travelling (for work, recreation, etc.)
- To plan your trip carefully to minimize unexpected situations

Benefit:

Make the most of your trip

If you are planning a trip, talk to your doctor and your resource person or your home oxygen provider about it. They will help you plan your trip and will be able to give you additional information.

Are you planning a trip this year? If so, when and by which means of transportation?

POINTS TO REMEMBER:

1. Let your doctor and your resource person or your home oxygen provider know at least 1 month before your departure.
2. If possible, arrive at your destination on a business day. Verify with your resource person or your home oxygen provider whether you will need to rent the oxygen equipment once you have arrived at your destination.
3. There are different precautions to take with oxygen, depending on the means of transportation used and where you are going (a trip to another country, a trip in a recreational vehicle, a cruise, etc.). Medical and administrative procedures are sometimes necessary: set aside enough time for them before your departure.
4. If you foresee travelling:
 - By car, make sure that your equipment is properly attached, while standing on the backseat.
 - By train or boat, contact the transportation company who will be able to answer to your needs.
 - By plane, contact the airline company (they normally supply oxygen during the flight) and expect additional costs. You should inform the airline company in advance, since some administrative procedures are necessary; for example, they may ask you for a medical certificate. Note: it is important that you use the oxygen during the flight since the oxygen concentration in the plane decreases as the plane increases its altitude.

USING OXYGEN DURING A WORSENING OF YOUR PULMONARY FIBROSIS SYMPTOMS

During a worsening of your symptoms your lungs function less well and the body's oxygen needs increase, which can lead to a drop in the amount of oxygen in the blood. This is why it is very important to use your oxygen during these periods.

Objective:

To supply enough oxygen to your body during a worsening of your symptoms

Benefits:

- **Be less tired and anxious**
- **Have more control over shortness of breath**
- **Avoid complications and reduce the risk of hospitalization**

POINTS TO REMEMBER:

1. **Oxygen does not treat the cause of the symptom's worsening but it avoids some complications.**
 2. **Follow your oxygen prescription carefully:**
 - **During a period of symptoms worsening try to use your oxygen all the time (24/7).**
 - **Increase your oxygen flow rate only on your doctor's advice.**
- Talk to your doctor and resource person about using your oxygen therapy during a worsening of your pulmonary fibrosis symptoms.
 - Contact your resource person or your doctor immediately or go to the Emergency room if you notice the onset or aggravation of the following symptoms: headaches, drowsiness, confusion, blue fingertips, sleep disorders, agitation or swelling of the ankles.

ADJUSTING TO LONG-TERM OXYGEN THERAPY

Are you ready to use the oxygen your doctor has prescribed? _____

Oxygen can change the way you see yourself. You may feel trapped, isolated, of no use to your family and friends. You may feel embarrassed by other people's stares when you are using your equipment.

These are common reactions.

We are going to look at the concerns often felt by people who are starting a long-term oxygen therapy:

- **You can discuss them with your doctor and resource person.**
- **You can also develop a plan for improving the situation such as trying to get additional information, cultivating a positive attitude or asking for help.**

ADJUSTING TO OXYGEN THERAPY

Emotional Consequences

(perception of the disease progression and awareness of death, feeling of dependency, loss of self-esteem, change in body image, fears related to dangers in using oxygen, pressure to have a smoke free environment...)

My concerns:

My plan:

Family-Related and Social Consequences

(loss of job, limited recreational activities and mobility, isolation...)

My concerns:

My plan:

Equipment-Related Constraints

(noise, tubing, deliveries, safety rules...)

My concerns:

My plan:

DON'T FORGET!

Don't keep your concerns and fears to yourself. Discuss your feelings with your doctor, your resource person, your family and friends.

YOU HAVE INFORMED YOUR FAMILY AND FRIENDS THAT YOU HAVE AN OXYGEN TREATMENT

How did they react to the news?

What did they say to you? What concerns or fears do they express?

You need to tell your family and friends that oxygen will allow you to live better and do more things. Tell them that even though you are on oxygen, you will continue to be active and to enjoy life within your limits.

Ask your family and friends to express their concerns.

If you, your family or your friends have any concerns, talk to your doctor or your resource person about them.

DON'T FORGET!

- Oxygen is an important part of your treatment. You need oxygen therapy to improve your quality of life.
- Oxygen therapy maintains the amount of oxygen needed for your organs to function properly. With this therapy, you will feel better and you will be able to do more.

YOU DECIDE TO ASK YOUR RESOURCE PERSON OR YOUR DOCTOR SOME QUESTIONS

If you have any questions about your long-term oxygen therapy, write them down here and ask them to your resource person and/or your doctor.

It might also be helpful for you to meet other people with pulmonary fibrosis who are on oxygen. You could discuss how they have adjusted to their therapy and how they rose to the challenge.

Talk to your resource person or your doctor about wanting to meet other patients (he/she could set up a meeting) or contact some pulmonary fibrosis patient associations in your region.

NOW TEST YOUR CONFIDENCE LEVEL WITH YOUR OXYGEN THERAPY

On a scale of 1 to 10, circle the number that best represents whether you feel able:

1. To use and maintain your equipment properly.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

2. To take your oxygen therapy as prescribed, ____ hours per day.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

3. To use your oxygen away from home, if prescribed.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

4. To use your oxygen for activities that require physical exertion
(exercise, activities of daily living).

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

5. To use your oxygen during sleep.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

NOW TEST YOUR CONFIDENCE LEVEL WITH YOUR OXYGEN THERAPY

On a scale of 1 to 10, circle the number that best represents whether you feel able:

1. To travel with your oxygen.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

2. To take your oxygen therapy all the time (24 hours per day) during a period of symptoms worsening

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

On a scale of 1 to 10, circle the number that best indicates if you believe your oxygen therapy:

1. Will help you to get the amount of oxygen you need in your blood.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

2. Will help you to do more activities in your day-to-day life.

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

INTEGRATING OXYGEN USE INTO YOUR EVERYDAY LIFE

If you do not feel entirely comfortable with your long-term oxygen therapy,
what are the reasons?

What could you do to be more comfortable with your therapy?

Talk to your doctor, your resource person, your family and friends about your feelings.

REMEMBER!

You have already been able to adapt to other changes.

Describe a change in your life to which you have already adapted. How did you feel?

How did you manage to adapt to this change?

Don't forget that you can also adapt to the change of using long term oxygen.

HERE ARE SOME SUGGESTIONS FOR PEOPLE WHO HAVE TO GO ON OXYGEN

- Set some life goals that are adapted to your state of health.
- Accept that you have to make some changes.
- Respect your limitations.
- Be creative.
- Keep a positive attitude.



MY OXYGEN THERAPY

My Oxygen Prescription

Duration	Flow Rate			
_____ hours/day	single _____ L/min	resting _____ L/min	on exertion _____ L/min	sleeping _____ L/min

- Follow the prescribed flow rate.
- In the event of an exacerbation (worsening of your pulmonary fibrosis symptoms), use your oxygen at all times (24 hours/day) and contact your resource person or your doctor for an assessment of your health state.

General Recommendations

DO	DON'T
Inform your resource person of any changes to your prescription.	Never adjust the oxygen flow rate without a doctor's prescription.
Clearly display a "No smoking – I'm on oxygen" sign. (check dot position)	Don't smoke or let anyone smoke near you or your oxygen equipment.
Keep your oxygen equipment in a well-ventilated space and make sure the equipment is stored securely.	Keep your oxygen equipment away from any source of live flame (lighter, matches, candles, gas stove, etc.).
Clean your equipment on a regular basis following your resource person's or your home oxygen provider's instructions.	Keep your oxygen equipment away from heat sources (stove, heating). Your oxygen equipment should not be stored in a cupboard.
If your nose is dry, use only water-based lubricants.	Do not use your equipment when you are handling flammable materials (oil, grease, aerosol containers).
Check regularly for leaks (by immersing the tip of your nasal cannula and oxygen tube in a glass of water).	Avoid multiple connectors and excessive lengths of extension tubing.
Contact your resource person or your home oxygen provider if any adjustments/repairs are necessary.	Don't try to repair your oxygen equipment yourself.

Don't Forget

- Contact your resource person or your home oxygen provider if you have any questions about your equipment.
- Contact your resource person or your doctor immediately or go to the Emergency Room if you notice the onset or worsening of the following symptoms: headaches, drowsiness, confusion, blue fingertips, sleep disorders, agitation or swelling (oedema) of the ankles.

HERE IS AN OPPORTUNITY TO PLAN AHEAD!

You have learned new skills to better manage your Pulmonary Fibrosis. You need to integrate these new habits into your daily life, and maintain them on a long term basis, if you would like to see positive results on your health and on your quality of life. It is important to establish a plan by writing down your objectives (the small steps are as important as the big ones!) and the time to achieve them.

My objectives in order to live better with my Pulmonary Fibrosis for the next month:

1. _____
2. _____
3. _____

Are you confident that you can attain your objectives for the next month?

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

My objectives in order to live better with my Pulmonary Fibrosis for the next ____ months:

1. _____
2. _____
3. _____

Are you confident that you can attain your objectives for the next ____ months?

1	2	3	4	5	6	7	8	9	10
not at all confident					very confident				

Notes: _____

Patient's signature

Date: _____

Healthcare professional's signature

Date: _____

THE INTEGRATION AND MAINTENANCE OF YOUR PROGRAM

TAKE THE TIME TO REVIEW YOUR OBJECTIVES AND YOUR PLAN.

1. Which objectives have you been able to attain?

2. How did you manage to attain these objectives?

3. Are there any objectives that you have not yet attained? Which ones?

4. What could help you attain these objectives?

Notes:

HELPFUL RESOURCES



Canadian Lung Association

<http://www.lung.ca/>

Alberta & NWT

<http://www.ab.lung.ca>

Telephone: 780-488-6819

British Columbia

<http://www.bc.lung.ca>

Telephone: 604-731-LUNG (5864)

Manitoba

<http://www.mb.lung.ca/index.php>

Winnipeg: 204-774-5501

Westman Region: (204) 725-4230

New Brunswick

<https://nb.lung.ca>

Telephone: 506-455-8961

Newfoundland & Labrador

<http://www.nf.lung.ca>

Telephone: 709-726-4664

Nova Scotia

<http://www.ns.lung.ca/site/>

Telephone: 1-902-443-8141

Ontario

<http://www.on.lung.ca>

Telephone: 416-864-9911

Prince Edward Island

<http://www.pei.lung.ca>

Telephone: 902-892-5957

Quebec

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