

The Home Oxygen Therapy Program in Saskatchewan

Saskatchewan Aids to Independent Living (SAIL) provides funding for oxygen if you are tested and have low levels of oxygen. The testing is done by measuring your oxygen level with either an arterial blood gas (ABG) or a pulse oximeter (a sensor that clips on the finger).

The Importance of Oxygen

- Everyone needs oxygen to survive.
- The air we breathe contains 21% oxygen.
- Home oxygen is prescribed to people with low levels of oxygen.
- Home oxygen is also sometimes prescribed as comfort care for people nearing the end-of-life.
- Not everyone who is short of breath needs home oxygen therapy.
- Studies have shown that home oxygen therapy improves the survival of people with chronic lung diseases **and** who have low levels of oxygen.

TEST REQUIRED	OXYGEN PACKAGE
<p>RESTING TEST (Continuous oxygen test)</p> <ul style="list-style-type: none"> • Oxygen levels will be measured while you are at rest. • If a pulse oximeter was used for the test, and your oxygen level is low, the testing will be repeated while you are at rest and using oxygen. • A blood sample does not need to be repeated while you are using oxygen. 	<p>If you have low oxygen levels at rest and your oxygen levels improve while using oxygen, SAIL will provide initial funding for a basic package of:</p> <ul style="list-style-type: none"> • An oxygen concentrator and 10 portable oxygen cylinders (E-Size cylinders or smaller) per month <p>Initial funding is for 4 months, and then testing will be repeated.</p>
<p>EXERCISE TEST (Exertional oxygen test)</p> <ul style="list-style-type: none"> • Oxygen levels will be measured with a pulse oximeter while you are exercising. • If your oxygen level is low, the testing will be repeated while you are exercising and using oxygen. 	<p>If you have low oxygen levels only during exercise and your exercise ability improves with the use of oxygen, SAIL will provide funding for a basic package of:</p> <ul style="list-style-type: none"> • 10 portable oxygen cylinders (E-Size cylinders or smaller) per month <p>Initial funding is for 6 months and then testing will be repeated.</p>
<p>SLEEPING TEST (Nocturnal oxygen test)</p> <ul style="list-style-type: none"> • Oxygen levels will be measured with a pulse oximeter while you are sleeping. • If your oxygen level is low, the testing will be repeated while you are sleeping and using oxygen. 	<p>If you have low oxygen levels only during sleep and your oxygen levels improve while using oxygen, SAIL will provide funding for:</p> <ul style="list-style-type: none"> • An oxygen concentrator <p>Initial funding is for up to 1 year.</p>

- ◆ After the repeat testing, if you still need oxygen, and **are** approved for long-term coverage, you can choose to have an alternate oxygen system other than the **basic package** SAIL provides.
- ◆ If you choose an alternate system (such as a portable concentrator, an oxygen conserving device, a transfill system), some of the costs are covered, however, you may be required to pay any additional costs for this system. We suggest you contact a home oxygen supply company about the different oxygen systems available, the cost, and if you meet the criteria for these optional items.
- ◆ For all patients needing oxygen, repeat testing may be required at any time to ensure good oxygen levels are maintained.

If you have further questions about the SAIL program, please call 306-787-8996 (Regina) or 1-888-787-8996.

Home oxygen is only prescribed for those with low oxygen levels.

It has not been shown to improve shortness of breath.

When To Use Home Oxygen

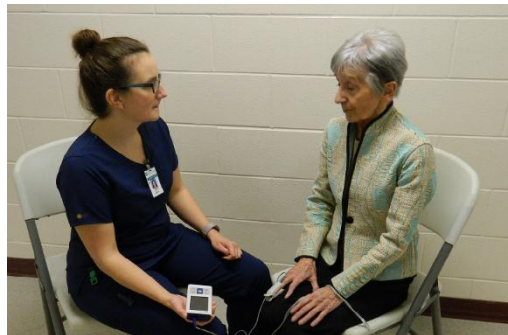
- People who have been prescribed continuous home oxygen should use it 18-24 hours per day. This includes using oxygen during sleep and exercise.
- Some people only need to use oxygen while they are exercising (exertional).
- Some people only need oxygen while they are sleeping (nocturnal).
- Some people only need oxygen near the end-of-life (palliative).

Oxygen is not necessarily forever.

**For example:
If you have a lung infection,
you may only need home
oxygen until you recover.**

The Oxygen Prescription

- Only a physician or nurse practitioner may prescribe oxygen.
- The prescription will include the flow rate of oxygen to be used and when to use it.
- It is very important to use oxygen only at the rate prescribed. Do not adjust your oxygen rate above or below what has been prescribed.
- If you do not feel well on the amount of oxygen you are currently using, please see your doctor for a check-up and speak with your oxygen provider.
- Oxygen is considered a drug; the prescription will need to be renewed yearly, regardless of whether testing is needed.



Oxygen Suppliers

There are four oxygen supply companies in Saskatchewan. Be a wise consumer and choose the oxygen company that will provide the best service and pricing to suit your needs.

Careica Health

Estevan: 306-634-3970

Lloydminster: 780-871-2387

Prince Albert: 306-764-7344

Regina: 306-790-8491

Saskatoon: 306-651-1243

Province-wide toll free: 1-855-672-6262

Prairie Oxygen Ltd.

Prince Albert: 306-763-0355

Regina: 306-545-8883

Saskatoon: 306-384-5255

Province-wide toll free: 1-877-738-8702

Medigas - A Praxair Company

Regina: 306-721-2380

Saskatoon: 306-242-3325

Swift Current: 306-773-8064

Province-wide toll free: 1-866-446-6302

VitalAire Healthcare

Lloydminster: 7850-875-7421

Regina: 306-751-8124

Saskatoon: 306-651-8108

Province-wide toll free: 1-800-252-9384

Home Oxygen Therapy in Saskatchewan



B R E A T H E
the lung association

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306-343-9511 or 1-888-566-LUNG
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