

The Saskatchewan Aids to Independent Living (SAIL) Home Oxygen Benefits provide funding towards the cost of home oxygen therapy for those who meet the program criteria. Testing is provided through Saskatchewan Health Authority (SHA) employed qualified health professionals who are trained in home oxygen testing. Assessment and treatment are delivered through private oxygen companies contracted by Saskatchewan Health.

Lung Saskatchewan is contracted by SAIL to provide education/training, information, and resources for health professionals and clients throughout Saskatchewan on home oxygen testing, as well as rural nocturnal testing.

Clients who have treaty status are funded by Non-Insured Health Benefits (NIHB) and have different criteria for oxygen testing; please review the [NIHB Home Oxygen Benefits](#) to learn more.

### The Importance of Oxygen

- Everyone needs oxygen to survive.
- The air we breathe contains 21% oxygen.
- 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.

## The Home Oxygen Therapy Program in Saskatchewan

**Saskatchewan Aids to Independent Living (SAIL)** provides funding for oxygen if you a provincially-funded resident who has been tested and has low levels of oxygen. The testing is done by measuring your oxygen level with either an **arterial blood gas** (ABG – a needle poke) or an **oximeter** (a sensor that clips on the finger).

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

- You can request an alternate oxygen system other than the basic package SAIL provides, such as a portable oxygen concentrator (POC), an oxygen conserving device, or a transfill system, if these meet your oxygen needs.
- If you choose an alternate 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 to ensure good oxygen levels are maintained.

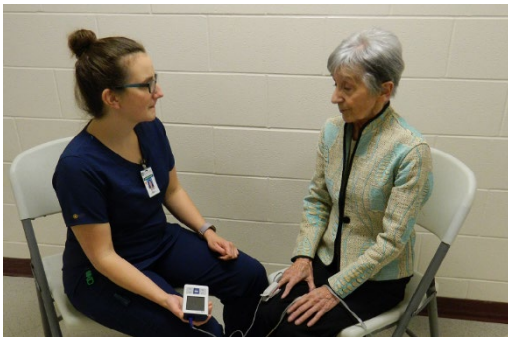
**If you have further questions about the SAIL program, please call 1-888-787-8996.**

## When To Use Home Oxygen

- People who have been prescribed continuous home oxygen should use it 15-24 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).

**Home oxygen may not be 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. If you get a letter in the mail about renewal, please call your home oxygen company.

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

**It does not often help improve**

## Oxygen Suppliers

There are three 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**  
1-855-672-6262

**Prairie Oxygen Ltd.**  
1-877-738-8702

**Medigas - A Linde Company**  
1-866-446-6302

### Role of the Home Oxygen Company

Oxygen companies employ health professionals, technicians for equipment, and drivers for delivery of oxygen.

Health professionals should their clients on a regular basis to assess their health condition and oxygen status and share this information with the doctor or nurse practitioner.

### Roles:

- To provide home oxygen therapy to the client
- To assist in the setup of therapy in the home
- To perform regular respiratory and oxygen assessments on their clients
- To provide the best equipment to assist or improve their client's quality of life and oxygen therapy

# Home Oxygen Therapy in Saskatchewan



2308 Arlington Avenue  
Saskatoon, SK S7J 3L3  
306-343-9511 or 1-833-385-LUNG (5864)  
[oxygenest@lungsask.ca](mailto:oxygenest@lungsask.ca)

[www.lungsask.ca](http://www.lungsask.ca)