**Patient Action Plan for Oxygen Saturation monitoring**Dear <<Patient>>,

You have been given a pulse oximeter to monitor you blood oxygen levels during your Covid-19 infection.

**Pulse Oximetry information for patient**:

* Simply attach the oximeter to your finger and wait until the screen indicates your SpO2 and pulse
* SpO2 reflects the amount of oxygen available in your blood to deliver to your heart, brain, lungs, and other muscles and organs.
* The pulse oximeter will also indicate your pulse rate on the screen.
* Your doctor may ask you to keep a record of your home oximetry measurements on a chart.
* Your doctor will advise you on what levels are normal and when to seek medical attention if the readings are low
* You can use your oximeter at rest or during activities, such as walking or other exercise DO NOT submerge in water.
* Trouble shooting
* Nail polish (especially dark shades) and/or artificial nails may affect the oximeter’s performance.
* When your fingers are cold, the blood flow is reduced, and poor or abnormal readings are possible. Warming the hands by rubbing together or with warm water helps improve blood flow.
  1. Do not smoke! Smoking reduces the amount of oxygen reaching your tissues, but the oximeter will falsely suggest that oxygen level is satisfactory.

**Personal Management Plan** (to be completed by patient with clinician)

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_ \_ / \_ \_ / \_ \_ \_ \_

Name of clinician assisting completion: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Completed: \_ \_ / \_ \_ / 2020