

Patient Instructions for Home Pulse Oximetry Due to COVID-19 Respiratory Infection

Overview and Terminology

A *pulse oximeter* is a small device that clips on a finger and measures *oxygen saturation* levels.

Because you have a COVID-19 respiratory infection, you are receiving a pulse oximeter for home monitoring of your oxygen saturation levels. By following your oxygen levels, we can tell early if you are getting worse and need to return to the hospital.

An oxygen saturation level of 94% or higher is expected in healthy people. An oxygen saturation level below 94% indicates low blood oxygen. An oxygen saturation level below 90% indicates the need for treatment with supplemental oxygen.

Measurement

- Accurate measurement is important. Remove any fingernail polish and be sure your fingers are warm. Turn on the device, clip it to your finger, and keep your finger still.
- Check your oxygen saturation every 8 hours or so.
- Measure over 5 minutes and record the **highest** reading. The highest reading is the one considered most accurate as the others will be considered falsely low.

Acting on Results

- If the highest oxygen saturation during a 5-minute reading is below 90%, return to the ER. Have someone accompany you, do not drive yourself, and wear your mask outside your home. If you are unable to speak in sentences or walk a short distance or do not have someone to drive you, call 911.
- If your oxygen saturation at rest is 90% or higher, but you feel extremely short of breath (unable to speak in sentences or walk a short distance) have someone bring you to the ER as above.
- If you have questions or are not sure whether to return to the ER, notify your provider team at **1-800-564-2025**.

Follow-up

- A home health nurse will be making a visit tomorrow to check on your recovery and your review your pulse oximetry readings, so please write them down. An advance practice nurse will also be calling you to check on your recovery and arrange for a video visit.

Device Return

- After you recover during your last home health nurse visit the nurse will pick up the pulse oximetry.