

AWARENESS GENERATION ON POINTS RELATED TO USE OF OXYGEN DURING THE CURRENT COVID-19 PANDEMIC

FREQUENTLY ASKED QUESTIONS

Q1. What is the Normal Respiratory Rate of a healthy adult person?

A1. Normal respiratory rates for a healthy, adult person at rest range from 12 to 16 breaths per minute.

Q2. Is 08 breaths per minute Normal?

A2. No. Patient needs to be evaluated medically.

Q3. How many liters of oxygen per minute do we breathe?

A3 The average tidal volume i.e. Average amount of air inhaled and exhaled per breathing cycle is 0.5 litres (500 ml). Minute ventilation (VE) is the total volume of air entering the lungs in a minute is 6 litres per minute.

Q4. What should be the normal oxygen saturation as recorded by a Pulse Oximeter?

A4. A normal level of oxygen is usually 95% or higher. Some people with chronic lung disease such as in Chronic Obstructive Pulmonary Disease (COPD) or sleep apnea, can have normal levels around 90%. The “SpO₂” reading on a pulse oximeter shows the percentage of oxygen in someone's blood. If your home SpO₂ reading is lower than 95%, call your health care provider.

Q5. How do I check my oxygen level at home without a Pulse Oximeter?

A5. If you do not have a portable finger pulse oximeter in your home, you can also learn how to assess signs and symptoms of low oxygen levels. Two classic signs of a low oxygen level is a rapid heart rate and a fast breathing rate. A normal heart rate is 60–100 beats per minute and a normal breathing rate is 12–20 breaths per minute. However, under conditions of low oxygen, your body responds by increasing your heart rate and speeding up your breathing rate. Another sign of a low oxygen level is cyanosis, or a bluish color change on your lips, nose, or fingertips. As your body loses oxygen, the blood cells in your body change color in your bloodstream to a dark blue, which can be seen from the outside of your skin if it is severe. Cyanosis is typically a late sign of low oxygen levels and is considered a medical emergency. If you notice this bluish discoloration, you should immediately seek medical help.

Q6. Is pure oxygen used in hospitals?

A6. Medical oxygen is high purity oxygen that is used for medical treatments and is developed for use in the human body. Medical oxygen cylinders contain a high purity of oxygen gas; no other types of gases are allowed in the cylinder to prevent contamination.

Q7. What is the use of medical oxygen?

A7. Medical oxygen is one that is used for treatment in hospitals, and it is considered on par with a drug or a pharmaceutical product.

Q8. What is the need for Medical oxygen?

A8. Your body can't live without the oxygen you breathe in from the air. But if you have lung disease or other medical conditions such as Covid-19 disease, you may not get enough of it. That can leave you short of breath and cause problems with your heart, brain, and other parts of your body.

Q9. Can breathing 100 percent oxygen harm your body?

A9, Yes. Breathing 100% oxygen also eventually leads to collapse of the alveoli (atelectasis).

Q10. Can you get too much oxygen from an Oxygen Concentrator Machine?

A10. It is possible to get too much oxygen from an oxygen concentrator machine. However, this is quite rare when oxygen concentrators are used as directed and prescribed. All supplemental oxygen requires a prescription from a doctor, who carefully chooses your oxygen requirement.

Q11. What is role of Oxygen during Covid-19 Disease?

A11. During Covid-19, the requirement of medical oxygen is enhanced. Covid-19, primarily infects the lungs in the affected individuals and in severe cases, causes death due to Acute Respiratory Distress Syndrome (ARDS) and pneumonia.

Q12. When does a patient require medical oxygen in a Covid-19 positive case ?

A12. As per AIIMS/ICMR-Covid-19/National Task Force/Joint Monitoring Group (Dte.GHS), MoHFW , Government of India, Clinical Guidelines for Management of Adult Covid-19 Patient issued on 22 Apr 2021, Moderate and Severe cases of Covid-19 where the infection induces shortage of oxygen in the body due to its impact on lungs require medical oxygen and immediate into oxygen therapy. Oxygen acts as a life-saver for Covid patients.

Q.13 What is a Moderate Covid-19 disease?

A13. A Moderate Covid-19 disease is broadly a Covid-19 Positive patient who has upper respiratory tract symptoms (& or fever) with shortness of breath. Respiration rate more than or equal to 24/minute and SpO2 90% to 93% in room air.

Q.14 What is a Severe Covid-19 disease?

A14. A Severe Covid-19 disease is broadly a Covid-19 Positive patient who has upper respiratory tract symptoms (& or fever) with shortness of breath. Respiration rate more than 30/minute and SpO2 less than 90% in room air.

Q15. When does a patient require Mechanical Ventilator Support?

A15. You may be put on a mechanical ventilator if a condition makes it very difficult for you to breathe or get enough oxygen into your blood. This condition is called respiratory failure. Mechanical ventilators are machines that act as bellows to move air in and out of your lungs. Your respiratory therapist and doctor set the ventilator to control how often it pushes air into your lungs and how much air you get. You may be fitted with a mask to get air from the ventilator into your lungs. Or you may need a breathing tube if your breathing problem is more serious.

Q16. Can Mechanical Ventilation be given at home?

A16. Mechanical ventilators are mainly used in hospitals and in transport systems such as ambulances and medical evacuation by air transport etc. In some cases, they can be used at home, if the illness is long term and the caregivers at home receive training and have adequate nursing and other resources in the home. Being on a ventilator may make you more susceptible to pneumonia, damage to your vocal cords, or other problems.

Q17. What is the 6 minute walk test for COPD?

A17. The 6-min walk test (6MWT) is an exercise test that measures functional status in chronic obstructive pulmonary disease (COPD) patients and provides information on oxygen desaturation.