

### 5. Mechanical Ventilator

#### Description

A machine that helps with breathing by delivering air and oxygen into the lungs.



#### Usage

For patients who cannot breathe on their own or need extra support

As you recover, the need for oxygen may decrease. The care team will inform you about any changes and when you might no longer need oxygen therapy.

Detailed instructions will be provided if you need to continue using oxygen after leaving the SICU.

### Frequently Asked Questions

#### Will Oxygen Therapy be Painful?

Oxygen therapy usually isn't painful. Sometimes the equipment might feel a bit uncomfortable, but this can usually be fixed.

#### How Long Will I Need Oxygen Therapy?

The amount of time you need oxygen therapy depends on how well you're doing. Your healthcare team will tell you more about this.

#### Can I Talk or Eat While Using Oxygen?

Yes, you can talk and eat while using oxygen. However, you may need to briefly adjust the mask or nasal prongs. Be sure to ask your caregiver for guidance before doing so.



#### Patient and Family Education

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# Oxygen therapy in the SICU



## Oxygen therapy in the SICU

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Oxygen therapy is a treatment used to help patients breathe better by providing extra oxygen. This is important when a patient's body isn't getting enough oxygen on its own.

### Why is Oxygen Therapy Needed?

- Helps you breathe more easily when your lungs aren't working as well.
- Ensure your heart, brain and other vital organs get the oxygen they need to function properly.
- Reduces the risk of problems such as organ failure caused by low oxygen levels.
- Helps in the healing process by making sure your body receives enough oxygen

### How is Oxygen Delivered?

- Respiratory therapists will set up the oxygen system based on what you need.
- Your oxygen levels are constantly checked with devices such as pulse oximeters or blood tests.
- The amount of oxygen you get can be changed based on how you're doing.
- The staff will adjust things to help you stay comfortable.

### Oxygen can be given in a different way:

#### 1. Nasal Cannula

##### Description

A small, flexible tube with two prongs that fit into the nostrils.

##### Usage

For patients who need a low to moderate amount of oxygen.



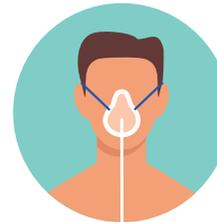
#### 2. Simple Face Mask

##### Description

A mask that covers the nose and mouth, held in place with straps.

##### Usage

Provides a moderate amount of oxygen for short-term use.



#### 3. High Flow Nasal Cannula

##### Description

Providing warm, moist oxygen through soft nasal prongs.

##### Usage

For patients who need more oxygen but don't need a mask or ventilator.



#### 4. Continuous Positive Airway Pressure Mask

##### Description

A mask connected to a machine that provides a steady stream of air to keep airways open

##### Usage

For patients who have trouble breathing, especially during sleep.

