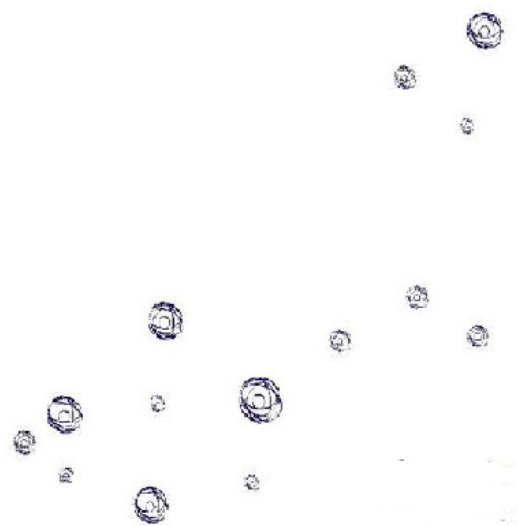


Oxygen Treatment

A Guide



Introduction to Oxygen Treatment

The initial step is to call the Centre and ask to speak to one of the Oxygen Treatment Team. They will then organise an induction with one of the physio team; which will include a general chat about your condition and the benefits that oxygen may offer.

You will then be asked to complete a registration and assessment form, which will include a full medical history. The first stage of treatment will be a 'Trial Session' at a depth of 8 feet for 30 minutes. If the 'Trial Session' is successful and you are comfortable with the environment and the use of a mask, we will then proceed with booking further treatments. Further treatments are of one hour but, with pressurisation and de-pressurisation you must allow time either side, usually around one and a half hours.

It is advisable that you wear comfortable clothes.

The recommended treatment period is a minimum of two sessions a week, more than this is advantageous. This is a commitment for you to undertake and we do appreciate that in some cases, this might not be achievable. In this case, we would recommend that you attend as many sessions as possible to get the full benefit of the treatment.

The day of your 'Try Dive' and any subsequent treatment

You will be asked to sit inside one of our chambers. One of the trained chamber operators will brief you on the safety aspects of being inside the chamber. You will be asked to put the mask on to try it for comfort, the session will then commence, and pressurisation begins. This will take between five and fifteen minutes, this simulates going under water to a depth of 8, 16.5, 24 or 33 feet. During pressurisation, there will be some noise as the pressure increases, it will get warmer and you will feel fullness in your ears, like descending in an aeroplane. You will have been already taught how to avoid discomfort by clearing and equalising the pressure in your ears.

The chamber can be decompressed quickly and safely at any time during the session if necessary.

Once you have reached the correct pressure you will put your mask on and breathe in oxygen for one hour. You will be under constant monitoring throughout your session and you will be given a verbal check. Once your hour is complete, the chamber operator will advise you to remove your mask and de-pressurisation will begin. This, again, will take 5-15 minutes, on de-pressurisation the chamber will get cooler. Both of our chambers are equipped with personal headphones where you

can listen to the radio or a CD. One chamber is suitable for wheelchairs and power chairs.

We also have a chamber (yellow sub) suitable for children and adults where you can recline on beanbags or remain sitting. This is suitable for individuals who cannot sit for long periods.

Session Protocol

You will be assessed after every five sessions until you have completed fifteen – twenty sessions. This will consist of an informal chat to go through an assessment form. These questions relate to your symptoms and assess any benefits you are gaining from the treatment.

Once the programme has been completed and you are satisfied with the treatment, we can then proceed with further sessions called top up's, which are usually once a week or fortnightly, or as you require.

Oxygen Only Treatment

We also offer oxygen treatment for clients who, for medical reasons or suffer from claustrophobia and are unable to go into the chamber under pressure. Oxygen is administered via the mask. This does not have the same benefits as being under pressure but, clients are still able to inhale 100% oxygen.

We do have a prohibited list of items that for safety reasons you cannot take into the chambers. These include:

- Aerosols
- Alcohol
- Chemical cleaners
- Food
- Glass
- Lighters
- Loose batteries
- Matches
- Powders
- Smoking materials
- Solvents
- Thermos flasks
- Volatile drugs
- Inhalers
- Mobile phones
- Non- Diving Watch

Individual security lockers are provided for all your personal possessions. If you are unable to attend your session due to illness or for personal reasons, please notify the department as soon as possible. If you miss and do not cancel your appointment, you may incur a cancellation charge.

Opening hours and session times

The Chamber Sessions 1 & 2:

Mon	10:00	12:00	14:15	15:45*	17.00
Tues	10:00	12:00	14:15	15:45*	
Wed	10:00	12:00	14:15	15:45**	
Thurs	10:00	12:00	14:15	15:45*	
Fri	10:00	12:00	14:15	15:45*	

The Sub Sessions are as follows:

Mon	10:15	12:15	14:30	16:00*	17:15
Tues	10:15		14.30	16:00*	
Wed	10:15	12.15	14.30		
Thurs	10:15		14.30	16:00*	
Fri	10:15	12.15	14.30	16:00*	

Oxygen only sessions operates between the hours of:

Mon	10.00 - 16.00
Tues	10.00 - 16.00
Wed	10.00 - 16.00
Thurs	10.00 - 16.00
Fri	10.00 - 15.00

* These are half hour sessions at 2.00 ATA only

** This is a full hour session

Please arrive for your appointment 10 minutes early, if possible.

Oxygen Team:

Pamela Michael – Oxygen Treatment Manager

Belinda French – Assistant Oxygen Treatment Manager

Richard Thomas – Senior Operator

Christopher Parkin – Operator

Contact details:

Telephone: 01726 885530

Email: oxygen@merlinmscentre.org.uk

Website: www.merlinmscentre.org

