

Y. Oxygen

- I. Classification
 - Gaseous element (21% of room air)
- II. Actions
 - Essential element for normal metabolic function (aerobic metabolism)
 - Facilitates the breakdown of glucose into a usable energy form
- III. Indications
 - Hypoxemia
 - Increased oxygen demand
 - Chest pain of myocardial origin
 - Respiratory insufficiency
 - Cardiopulmonary arrest
- IV. Contraindications
 - Not significant in above indications
- V. Adverse Effects
 - Not significant in above indications
- VI. Administration
 - Oxygen percentage may vary slightly depending on technique and equipment
- VII. Pediatric
 - Same as adult
- VIII. Onset
 - 1-2 minutes
- IX. Duration
 - Up to 30 minutes
- X. Precautions
 - A. In some COPD (CO₂ retaining) patients, oxygen administration may decrease respiratory drive. Observe patient closely for changes in respiratory and mental status. Be prepared to assist ventilations if necessary.
 - B. Oxygen is not humidified and may dry out or irritate mucus membranes. Do not administer more than 6 L/min via nasal cannula.
- XI. Note
 - Never withhold oxygen from a patient in respiratory distress

Table 9-4 : Oxygen Administration

<u>Delivery Device</u>	<u>Flow Rate</u>	<u>O₂ % Delivered</u>
Nasal Cannula	2-6 lpm	23-44%
Face Mask	8-15 lpm	40-60%
Reservoir Face Mask	10-15 lpm	60-95%
BVM with Reservoir	10-15 lpm	40-90%
BV with ET Tube	10-15 lpm	100%

Note : Adult and pediatric delivery is the same