

The importance and precautions of oxygen therapy with home oxygen machine

23 July 2020 | Opinion | By Ankit Kankar

With the development of science and technology, people's living standards continue to improve and improve, and the need for health is gradually increasing. Oxygen inhalation will gradually become an important means of family and community rehabilitation



Household oxygen concentrators will gradually enter the family. People only know about oxygen generators, but they don't know much about the basic knowledge of oxygen generators, and they don't know what to pay attention to when using them. Let's let the sales consultant editor of billions of billions of oxygen generators introduce you to household oxygen generators. The importance and precautions of mechanical oxygen therapy.

The working principle of the household [high-purity oxygen](#) : using molecular sieve physical adsorption and desorption technology. The oxygen generator is filled with molecular sieves, which can absorb nitrogen in the air when pressurized, and the remaining unabsorbed oxygen is collected and purified after purification. Becomes high-purity oxygen. The molecular sieve discharges the adsorbed nitrogen back into the ambient air during decompression, and can adsorb nitrogen and produce oxygen during the next pressurization. The whole process is a periodic dynamic cycle process, and the molecular sieve is not consumed.

The purpose of the household oxygen generator: use molecular sieve physical adsorption and desorption technology. The oxygen generator is filled with molecular sieves, which can absorb nitrogen in the air when pressurized, and the remaining unabsorbed oxygen is collected and becomes after purification. High purity oxygen. The molecular sieve discharges the adsorbed nitrogen back into the ambient air during decompression, and can adsorb nitrogen and produce oxygen during the next pressurization. The whole process is a periodic dynamic cycle process, and the molecular sieve is not consumed.

Precautions for household oxygen concentrators: The purpose of long-term oxygen therapy is to correct hypoxemia, and help improve the survival rate of patients, improve the quality of life and neuropsychiatric state, reduce polycythemia, prevent night hypoxemia, and improve sleep Quality, prevention of pulmonary heart disease and right heart failure, as well as reduction of medical expenses including the number of hospitalizations and the number of days of hospitalization.

Precautions for home oxygen therapy:

1. Reasonably choose the oxygen inhalation time. For patients with severe chronic bronchitis, emphysema, pulmonary function abnormalities, and oxygen partial pressure consistently below 60 mmHg, oxygen therapy should be given for more than 15 hours a day; some patients usually have no or only mild hypoxia. In case of hyperemia, short-term oxygen administration can alleviate the discomfort of "shortness of breath" during activity, tension or fatigue.
2. Pay attention to control the oxygen flow. Generally, it is 1 to 1.5 liters per minute, and the flow rate should be adjusted before use. Because high-flow oxygen inhalation can aggravate the accumulation of carbon dioxide in COPD patients and cause pulmonary encephalopathy.
3. Note that the safety of oxygen is the most important. The oxygen supply device should be shock-proof, oil-proof, fire-proof and heat-proof. When transporting the oxygen cylinder, avoid dumping and impact to prevent explosion; because oxygen can support combustion, the oxygen cylinder should be placed in a cool place, away from fireworks and flammable products, at least 5 meters from the stove and 1 meter from the heater.
4. Pay attention to the humidification of oxygen. The humidity of the oxygen released from the compressed bottle is mostly lower than 4%. The low-flow oxygen supply generally uses a bubble-type humidification bottle, and 1/2 of the cold water should be added to the humidification bottle.

Benefits of home oxygen therapy:

1. Oxygen inhalation can relieve fatigue, irritability, fatigue, dizziness, loss of appetite and other discomforts caused by long-term mental work, ensure the high-speed operation of the brain, and improve the efficiency of work and study.
2. Regular oxygen inhalation during pregnancy can increase the oxygen content of the arterial blood of the pregnant woman, which is beneficial to improve the physical function of the pregnant woman and the growth and development of the fetus.
3. Regular oxygen inhalation before going to bed at night to accelerate the metabolism of skin tissues, accelerate the excretion of toxins, and replenish moisture, play a role in beauty skin care and anti-aging.
4. Regular oxygen inhalation can also relieve nervous tension, irritability and other sub-health conditions.
5. Healthy people can use home oxygen therapy to supplement oxygen to clean the respiratory system, promote a virtuous cycle of metabolic processes, and improve the body's comprehensive immunity, so as to achieve the purpose of disease prevention and health care.