## **Pulse Oximetry**

Patient information		
Name:	Date of birth:	
Gender:	Date of assessment:	
Referring physician's name:		
Reason for measuring:		
Laster Cons		

## Instructions

**Tracker** 

- 1. Ensure the patient's hands are warm and that their nails are free from nail polish or artificial nails.
- 2. Allow the patient to rest for five minutes. During this time, have them place their hand on their chest at heart level.
- 3. Turn on the pulse oximeter and attach it to the patient's index or middle finger.
- 4. Keep the pulse oximeter in place for at least one minute, or until the reading stabilizes.
- 5. Once the reading has been stable for at least five seconds, record the highest value. Double-check which number represents the heart rate and which indicates the oxygen saturation level.
- 6. For consistent monitoring, aim to take readings three times daily at the same time each day.

## Date Time O2 Sat (SpO2) % Pulse rate (bpm) (°C) Notes

<ul> <li>measured at sea level.</li> <li>Individuals should reach out to a healthcare professional if their oxygen saturation falls below 92%, since this could indicate hypoxia, a condition where the body's tissues are not receiving sufficient oxygen.</li> <li>If your blood oxygen saturation drops to 88% or below, get emergency medical help immediately.</li> </ul>		
Additional notes		

• A healthy person's oxygen saturation level at rest typically ranges from 95% to 100% when

**Guidance and reference** 

Yale Medicine. (2023). *Pulse oximetry*. Yale Medicine. <a href="https://www.yalemedicine.org/conditions/pulse-oximetry">https://www.yalemedicine.org/conditions/pulse-oximetry</a>.