

University of Texas Medical Branch Sleep Disorder Center Policy: 08.6.01 Oxygen Administration	Effective Date: May 2013 Revised Date: May 2013 Review Date:
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Oxygen Administration

- Audience:** All personnel in the Sleep Disorder Center.
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- Purpose:** To establish technical guidelines for proper oxygen administration and titration for patients undergoing a polysomnogram.
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- Policy:** Supplemental oxygen may be administered during the night under specified circumstances.

Procedure:

Criteria for initiating oxygen:

- Physician order
- Sustained SaO₂ < 70% for 2 minutes, regardless of associated respiratory events
- Sustained SaO₂ < 88% for 2 minutes in the absence of Apnea and Hypopnea
- Cardiac indication for initiating CPAP
 - Worsening arrhythmias associated with desaturations

Oxygen Titration:

- Initiate O₂ at 1 L/min if indicated using nasal cannula, oxygen mask, or bleed into positive airway pressure circuit.
- Titrate O₂ flow rate up, down, or off to maintain baseline SaO₂ ≥ 88%, not to exceed 4 L/min above baseline.
- If patient on is on positive airway pressure, pay special attention to need for decreasing O₂ flow rate as changes in pressures improve ventilation.
- All patients who are placed on O₂ in sleep will be titrated up or down regardless of their history of O₂ use.
- Allow a minimum of 20 minutes between O₂ flow rate changes if SaO₂ is ≥ 75%. If SaO₂ is sustained < 75% a minimum of 2 minutes between changes is recommended.
- If unable to achieve SaO₂ goal after titrating oxygen 4 L/min above baseline titration contact sleep physician on call.
- Emergency procedures should be followed as necessary.

The titration model above is a guide and does not include all scenarios that will be encountered in the sleep laboratory during a titration. If you have questions during a titration, contact the Medical Director, his designee, or Denise McElyea, Program Manager for assistance.

- Medical Director or his designee can be contacted at:
 - Shahzad Jokhio, M.D Cell: (832) 701-5378
 - Thomas Speer, PhD Cell: (832) 528-2824

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- Denise McElyea, Program Manager can be contacted at:
 - Office: 409-772-5120
 - Cell: 409-392-4645

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