

Oxygen Saturation

Prepare yourself and the resident:

1. Clean your equipment following infection prevention and control guidance.
2. Sanitize your hands according to policy.
3. Tell the resident what you are going to do

Assess:

4. Observe the resident's breathing basics such as dyspnea, position, colour, accessory muscles
5. Consider any factors that could impair results: circulation, bright lights, BP cuff, skin colour
6. Ensure fingers are warm – if not, warm them with warm washcloth
7. Apply probe – ensure all sanitation practices are in place
8. Take pulse and respirations
9. Compare pulse to the reading on the monitor. The Pulse and SPO2 readings should be within equal to or minus 5 beats per minute of each other.
10. Monitor and record the respirations immediately after taking the pulse
11. Observe the rise and fall of the chest (inspiration and expiration) - this counts as one breath
12. Ideally, count respirations for a full minute: ***particularly if breathing is irregular***
13. Note the pattern of breathing and the depth of the breaths

Complete Procedure:

14. Consider your results in the context of your whole assessment
15. Initiate Oxygen and/or call the Primary Care Provider if it is required
16. Sanitize your hands.
17. Record findings and interventions.