

# Let's Talk About...

## Oxygen therapy in the hospital

Sometimes your child needs extra oxygen to help their body work properly and heal, especially if they have a lung or heart problem that makes it hard to breathe.

Your child's healthcare provider may order oxygen therapy during their stay in the hospital. This order tells the care team how much oxygen (in liters per minute or L/m) your child needs while sitting, exercising, and sleeping. It also tells how your child's oxygen should be delivered.

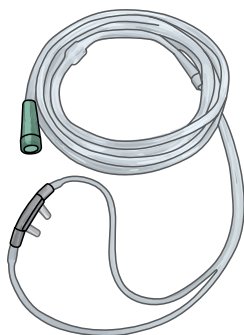
**Do not take off your child's oxygen tube or mask for any reason.** This ensures your child's body gets all the oxygen it needs while your child is in the hospital.

### How does my child get oxygen?

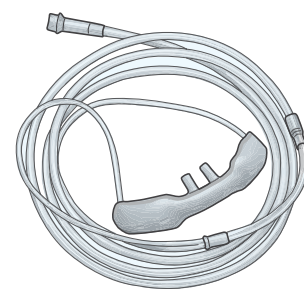
Your child receives oxygen through different devices that fit on their nose and mouth.

The following illustrations show the equipment your child may use to receive oxygen. They also explain why your child may need them and how much oxygen they deliver.

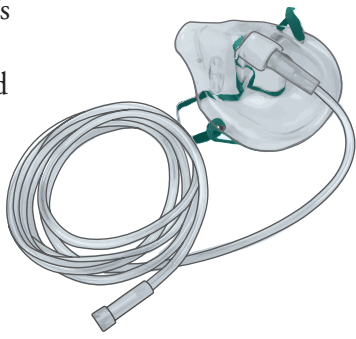
- **A cannula** is a narrow tube made from soft plastic. It has two small openings (prongs) that go into your child's nostrils. The prongs go into the nostrils with the curve facing down. You may also need to use adhesive to help the nasal cannula stay in place. The cannula can deliver up to 4L/m of oxygen.



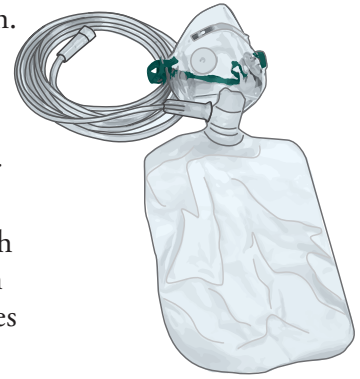
- **A high-flow nasal cannula** is a tube with two short, soft tubes on the side. These go in the nose and deliver moist, warm oxygen at a higher rate than other nasal cannulas.



- **A simple face mask** is a small plastic shield that fits over your child’s nose and mouth. An elastic band goes around the back of your child’s head to hold it in place. The mask has holes on the side to let exhaled air (the air your child breathes out) escape and room air to enter. It is meant only for temporary use and can deliver 5–10 L/m of oxygen.



- **A non-rebreather mask** also fits over your child’s nose and mouth. A small bag, called an oxygen reservoir, is attached to the mask. This bag prevents your child from breathing back exhaled air, which contains lots of carbon dioxide. Your child uses a non-rebreather mask when they need 12–15 L/m of oxygen.



**Never take off or adjust your child’s oxygen flow without a nurse or respiratory therapist’s help.**

## Notes

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