

Fall Prevention: O₂ use in the home

Oxygen use in the home

There are many health conditions that require oxygen from cylinders or backpacks. Heart failure, chronic obstructive pulmonary disease (COPD) with or without emphysema are some conditions where supplemental oxygen improves the users quality of life. If you take warfarin (brand name Coumadin®) and use supplemental oxygen, special precautions are needed to remain safe.

Falling Risk

All users of oxygen cylinders have one thing in common – miles of oxygen tubing to allow the oxygen user freedom to move throughout their house. The companies providing oxygen services leave the patient with a nicely coiled, easy to uncoil roll of tubing. Problems can develop though, once you begin to move about.

1 in 3 people over 65 fall each year¹

Your risk of falling without the use of oxygen is high enough to begin with – add oxygen tubing that can look like spaghetti at your feet and your risk increases dramatically. Rushing to answer your door, phone or to check on dinner with tangled oxygen tubing at your feet is a falling risk that can be avoided.

Reducing your risk of falling

One technique used to reduce tripping includes keeping the tubing behind you as you walk, particularly up and down stairs. Don't rush – let the answering machine pick up messages and place a note outside your door asking guests to be patient.

Report any falls no matter how minor they seem to your doctor.

**Keeping oxygen tubing away from foot traffic may
reduce your risk of falling**

For more information on improving your home safety,
visit **www.PTINR.com** or call **1-877-262-4669**



WellLife: A guide for living on warfarin
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1. Bristol- Duthie EH Jr, Katz PR, eds. Practice of geriatrics. 3d ed. Philadelphia: Saunders, 1998:199-206, and Tinetti ME, Doucette J, Claus E, Marottoli R. Risk factors for serious injury during falls by older persons in the community. J Am Geriatr Soc. 1995;43:1214-21.