



## Hyperbaric Oxygen Therapy Patient Education Policy Document

Start Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_

*This is to certify that the patient has been instructed in the following areas with regard to Hyperbaric Oxygen Therapy.*

Patient: Please initial the following once understood.

### **I. Hyperbaric Oxygen Therapy (HBOT)**

- A. Definition: High dose, 90-100% oxygen breathing while exposed to increased atmospheric pressure
1. Hyperbaric chamber - where pressure is created.
  2. Increased air pressures surround the patient, the patient will feel pressure in their ears and need to clear it.
  3. Similar to flying in an airplane and scuba diving as pressure simulates these environments
- B. Purpose: To enhance the oxygen levels in affected tissue so that the normal healing mechanisms can take place. This helps to reduce inflammation, improve cellular energy, improve immune response, improve healing response, and increase stem cell release.
- C. Staff: The staff members are part of a team specifically trained to provide this type of therapy to patients. The physician directs all aspects of the patient's hyperbaric care. The physician will also maintain open line of communication with the patients referring physician(s). The staff will assist and attend to any of the patients' needs with regard to hyperbaric oxygen treatment.

### **II. What to Expect**

- A. Preparation:
1. Dress comfortably, 100% cotton is recommended.
  2. Dress in layers. The temperature depends on many factors --- sometimes warm, other times cool.
- B. Descent or Pressurization:
1. This is the part of the treatment when pressure is applied to the hyperbaric chamber.
  2. There will be a technician at the chamber during descent when needed.
  3. During this time, you must clear your ears.
  4. The pressure is not felt on the body.
- C. At Depth:
1. You should just lay, relax and breathe normally.
  2. For extended treatments you may be asked to take an air break, removing the cannula to breath regular air.
  3. There will always be direct access to the clinic staff while in the chamber by calling the clinic. (724) 205-6260
- D. Ascent or Depressurization:
1. During this part of the treatment, pressure is removed from the hyperbaric chamber.
  2. There will be a technician at the chamber during ascent as needed.
  3. You should rest comfortably and breath normally during ascent; clearing of the ears is necessary.

### **III. Equalizing the Ears**

- A. Although the pressure changes in the chamber are not felt on the body, they are felt in the ears. As the pressure increases, the eardrum will try to bow inwards. To avoid this, it is important to learn how to equalize the middle ear.



1. Hold your nose and swallow.
  2. Another way to equalize is by yawning or swallowing.
  3. You can also try opening your mouth and moving your jaw from side-to-side.
  4. You should not have any pain in your ears. If you begin to have discomfort, please let the technician know as they can control the dive and pause the pressure until you equalize.
- B. Pressure Equalizing Tubes: On this rare occasion when you are completely not able to clear your ears, you may need **small ventilating tubes inserted in each eardrum by an ear, nose, and throat specialist. These tubes will remain in your ears the entire time you are being treated at the hyperbaric facility.**

#### **IV. Safety**

- A. The chamber is very safe. We utilize high-quality mono-place chambers for individualized treatment. We uphold the highest training, safety, maintenance, and service protocols available. In addition, treatments are performed by highly-trained technicians with a physician always available.
- B. You play an active role in your own safety while in the chamber. Safety is assured by not bringing an unsafe item in the chamber.
- C. You MUST bring your phone into the chamber The following is a list of materials/ items which are NOT allowed in the chamber:
- Synthetic Materials (nylon, polyester, etc.)
  - Watches and other jewelry / pens, sharp objects
  - Oil-based and alcoholic-based make-up
  - Perfume and cologne
  - Vaseline-based products
  - Skin lotions
  - Hair spray
  - Oil-based products
  - Smoking materials
  - Glycerin-based products
  - Wigs and other hair pieces
  - Newspaper
  - Gum and candy
  - Mustache Wax

#### **V. Effects of Smoking on Healing**

- A. Smoking (or chewing or other nicotine-based products) and exposure to secondhand smoke are not recommend during the weeks you are treated.
1. Nicotine causes small blood vessels to constrict, decreasing blood flow to tissues.
  2. Smoke and tar decrease lung function, so less oxygen is absorbed by the lungs and transferred in to the blood.
- B. If you use nicotine, it is strongly recommended that you do use it 2 hours before and 2 hours after hyperbaric oxygen therapy so that maximum benefits are achieved.

#### **VI. Alcohol and Caffeine Consumption during Treatment**

The ingestion of alcohol and caffeine is inadvisable before treatment since this may lower your threshold for oxygen toxicity. Also, consuming alcohol immediately after treatment will greatly interfere with the healing process.

#### **VII. Report Cold or Flu-like Symptoms**

Let the physician or the hyperbaric staff know before treatment and a decision will be made whether the patient should be treated or not. Sometimes it is best to sit out for a day or two so that viral symptoms are not worsened.

#### **VIII. Diabetic Patients**

It is important to monitor blood sugars and to report any symptoms of low blood sugar immediately. Do not hesitate to let us know if you are having trouble managing your diabetes and we will assist you where we can.

#### **IX. Family Members and Visitors**

Family members and visitors are welcome to tour the facility and ask questions at appropriate times. For the safety and privacy of all patients, family members and visitors are asked to use the front waiting room while treatments are taking place, unless otherwise directed by the technician. This is strictly enforced.

#### **X. Consistency and Commitment**

To achieve optimal outcome, it is important to maintain consistency and commitment with the hyperbaric oxygen therapy protocol as ordered by the hyperbaric physician. Any noncompliance on the patient's part will be handled through the Financial Policy and could lead to rescheduling or cancellation.



**Payment:** *All fees are subject to change at any time without notice. All payments are nonrefundable and nontransferable. This treatment is only available to current Integrative Health & Wellness Center patients.*

<b>Treatment Time</b>	<b>Patient Fee</b>
<b>30 minutes</b>	\$45.00
<b>60 minutes</b>	\$75.00
<b>5 visit package – (60 min.)</b>	\$318.75
<b>10 visit package – (60 min.)</b>	\$622.50
<b>20 visit package – (60 min.)</b>	\$1200.00

I have read, fully understand, and agree to the above:

Signature of Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of IHWC Staff Member: \_\_\_\_\_ Date: \_\_\_\_\_

