

2023 Vivisol

Summer Newsletter

Using your Oxygen Cylinders and Concentrators in Summertime

Welcome to the Summer edition of the Vivisol Newsletter. We want to take this opportunity to detail a few things for you to consider to keep you and your equipment in tip top condition throughout this hot weather:

- In the summer it's good to get out and exercise more, but within your limits
- Avoid strenuous activity during the hottest days and avoid mid-day outdoor activities
- Plan outdoor activities when the weather is cooler and best suited to using your oxygen equipment.

Oxygen Concentrator

Follow the advice that the Vivisol Home Care Technician has given you regarding where to safely position the oxygen concentrator. Don't move it, make sure that you keep the immediate area well ventilated, and keep the concentrator out of direct sunlight.

If you are taking a portable concentrator out with you, try to sit in a shaded area and not in direct sunshine.

Cylinders

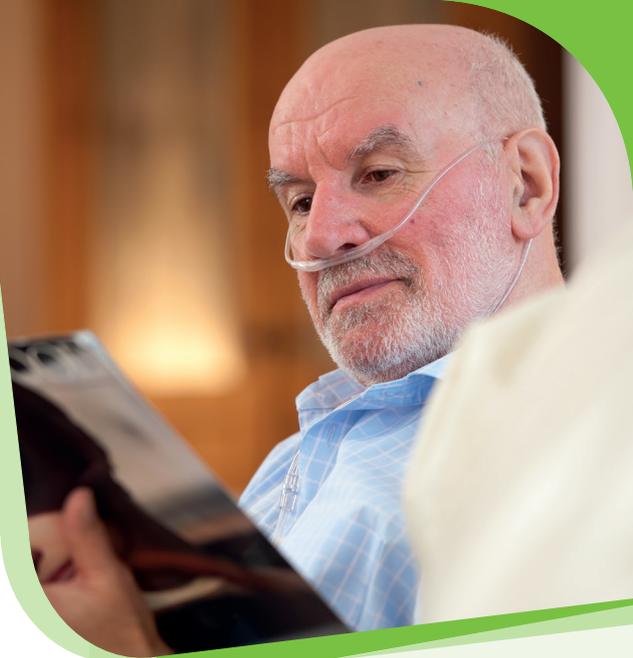
Storing your cylinders

Your Vivisol technician will have explained where to safely store your oxygen cylinders. It's important that you continue to keep your cylinders in this location. If you are looking to move them to an alternative area for the summer, please ask one of our advisors. If necessary, they can arrange for the Technician to discuss suitable alternatives with you on their next visit.

Do not leave cylinders in direct sunlight at any time.

Be very cautious if you go to events such as BBQs, or anywhere with an open fire such as a fire pit or camp fire. **Do not use any oxygen equipment near open fires or naked flames; keep at least 3 metres or 10 feet away.**

Oxygen cylinders should not be submerged in water and it's important to make sure that the cylinders stay as dry as possible. If you are bringing your oxygen cylinders to the beach or pool, make sure that they are safely protected from extreme heat, sand and water. If water damages the tanks, they may be irreparable.



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Easy Irish
soda bread

See full recipe on page 3



VIVISOL
Home Care Services





Top tips from Asthma and Lung UK

<https://www.asthmaandlung.org.uk/living-with/hot-weather>

Hot weather can cause your symptoms to flare up, especially if you become dehydrated. Strong sunshine causes the level of ozone and other air pollutants in the air to rise, which can cause breathing problems and trigger your symptoms. Humid, hot weather can also make your breathing problems worse.

The spring and summer months are when grasses and weeds make pollen levels higher. If you get hay fever and live with a long-term lung condition, you may notice your lung condition symptoms get worse at this time.

Check the weather, pollen and pollution forecasts

Be aware of when a heatwave is forecast and how long it's likely to last. You can also check air pollution levels in your area for the next 5 days at <https://uk-air.defra.gov.uk/forecasting/> and local pollen levels at met office <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice>

Remember that high pollen and pollution levels can combine with heat to increase your chances of a flare-up of your symptoms – so have a plan ready for what to do if that happens.

Avoid the heat

If a heatwave is forecast, don't go outside during the hottest time of day, normally between 11 am and 3 pm. If you have to go out, plan your day around the early morning or evening when the air is cooler and the air quality better. When you're outside, walk in the shade and avoid main roads and busy streets if you can.

Keep out of the sun

If you do need to go out during the day, avoid being in the sun for long stretches. Wear loose, cool clothing and a hat. Wear sunglasses too – wraparound ones are a good idea. They will protect your skin from the sun and stop pollen getting in your eyes. Certain antibiotics like doxycycline, and medications like pirfenidone, can make you more sensitive to sunlight. If you're taking one of these medications, you'll burn more quickly, so make sure you cover up.

Always check the information leaflet that came with your medication.

Pack a bag of essentials

If you're going out, take a bag of essentials. Include any medication that you might need, plenty of water and a fan.

Exercise sensibly

Exercise brings a lot of benefits if you have a lung condition, but in hot weather take care not to overheat. Exercise indoors in a cool, well-ventilated room or gym. Do activities like housework and gardening in the early morning or evening when it's cooler. If you do get breathless, use your breathing control techniques to ease the symptoms.

During a very hot spell, you may want to think about reducing or avoiding strenuous activity until it's cooler.

Drink cold water

Have plenty of cold water and drink regularly even if you don't feel thirsty – it's important to stay hydrated. Drinks with caffeine – such as tea, coffee or cola – and drinks high in sugar make you more dehydrated. Also avoid alcohol, which dehydrates you and makes you pee more too.

Keep your house cool

Closing blinds or curtains can help to keep your house cool. If it's cooler inside your house than outside, close

the windows to keep the cool air in. At night when the air outside is cooler, open your windows if it's safe to do so.

Take cool baths or showers

If you feel overheated, take a cool bath or shower or splash yourself with cool water.

Use a fan

If you get out of breath, try using a handheld fan. Hold it about 6 inches away and let the cool air blow towards the centre of your face. Remember to keep your fan clean, so that you don't blow dust into your face. A floor standing fan or desktop fan can also help, and you may sleep better if you have a fan in your bedroom at night.

Eat as normal

Try to eat as normal – even if you aren't hungry. You need a normal diet to replace the salt you lose through sweating. Cold foods like salad and fruit are particularly good because they contain a lot of water.

If you have more questions about dealing with hot weather, call Asthma and Lung UK on 0300 222 5800 to talk to their friendly helpline team.



Easy Irish soda bread

Especially for Willie McGhee
of NHS Scotland

Ingredients

- 170g/6oz wholemeal flour
- 170g/6oz plain flour, plus extra for dusting
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 290ml/10fl oz buttermilk

Recipe tips

If you don't have buttermilk for the soda bread recipe, you can use half-and-half plain yoghurt mixed with milk. You can also use milk that has been soured by stirring in a tablespoon of lemon juice and allowing it to stand for 10 minutes.

Try this easy soda bread recipe for when you want bread in a hurry – it's ready in less than an hour with no kneading, proving, or yeast. This makes a small loaf, but you can easily double the recipe and make two.

Each serving provides: 215kcal, 8g protein, 43g carbohydrate (of which 3g sugars), 1g fat (of which 0.3g saturates), 1g fibre and 1g salt.

Instructions

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. Tip the flours, salt and bicarbonate of soda into a large bowl and stir. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)
3. Turn onto a lightly floured surface and knead briefly. Form into a ball and flatten the dough slightly before placing on a lightly floured baking sheet.
4. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.

Energy Costs

Even during the summer months, we remain mindful of the rising cost of electricity and gas.

This can be a worrying time for households, as affordability comes into question when using an oxygen concentrator. Vivisol on behalf on NHS Scotland will reimburse you for the cost of using your oxygen concentrator.

Payments are processed approximately once every three months, starting from the month after you first had the concentrator installed. To help with accurate payments, you can also provide us with regular concentrator meter readings.

You can phone regular meter reading into our team on 0800 011 3422.

Alternatively, you can fill out the online form at <https://www.vivisol.co.uk/services/reorder-online/>

Not all patients require an oxygen concentrator. This will depend on the clinical condition and hours of usage.



NHS Scotland and Vivisol reimburse the electricity costs based on the standard domestic tariff of the power network provider of your local power network provider (SSE or SPEN). NHS Scotland is committed to matching this rate. This value may go up or down depending on the published rate.

If you have been prescribed an oxygen concentrator, it is important that you use it at the flow rate and hours per day advised by your Healthcare Professional.

Large cylinder(s) are provided with your concentrator as a backup supply for use in the event of a power cut or concentrator failure. It is very important that you DO NOT use the backup emergency cylinder instead of the oxygen concentrator.

Ambulatory cylinders should not be used in place of the oxygen concentrator.

Summer wordsearch

Find and circle the list of words in the word puzzle below

August, Barbecue, Beach, Camping, Humid, Ice Cream, July, Lemonade, Ocean, Picnic, Sailing, Sand, Sandals, Shorts, Sunglasses, Sunny, Towel, Warm

N	H	C	D	C	S	U	N	G	L	A	S	S	E	S	R	S	Z	X	C	A	Y	N
D	A	E	T	M	A	A	H	G	C	F	R	U	I	B	V	A	C	Y	U	E	E	T
X	O	C	E	A	N	H	A	O	S	K	D	N	J	L	E	C	A	M	P	I	N	G
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T	P	J	N	B	E	H	M	L	E	M	O	L	E	M	O	N	A	D	E	E	S	R



Holidays and Advice for travelling with oxygen

Start planning well in advance of your trip

Over the warm summer months, many of us will be looking to travel, especially after the restrictions in the last couple of years.

If you are travelling in the UK, we can arrange for you to have your oxygen equipment at your holiday destination free of charge. In some areas of the UK, your equipment may be supplied by another oxygen provider so may look different. In some circumstances, depending on the holiday location, it may not be possible to install certain types of equipment, such as Liquid Oxygen. You should check with your holiday location if they are happy to accept oxygen equipment at the time of booking.

Contact our holiday team and we will be able to make all the arrangements for you. It is best to try and give us at least three weeks' notice, especially during the busy summer months.

Depending on your oxygen requirements we may also be able to organise small trolley-based concentrators for you to use when travelling in mobile homes, caravans or day trips in the car. Speak with the holiday team to see if your oxygen requirements are suitable for this service.

Arrangements should be made well in advance of your departure date. Contact our holiday team on 0800 833531 or email shol.dv@nhs.net.



Travelling with oxygen

If you're travelling by ferry or train with oxygen, make sure you contact the company operating the service in advance to see what help they can offer. This may vary between different providers.

The oxygen equipment that has been provided to you on behalf of the NHS should not be taken out of the UK.

Using oxygen while flying

Travelling abroad can take more planning than travelling in the UK, especially if you're flying. You should give yourself enough time to speak to your clinician before travelling. They will be able to advise you on taking medicine or equipment abroad. If you're planning to fly, they can also tell you if you'll need to do a fitness-to-fly test.

Your oxygen requirements may be different when flying, because there is less oxygen in the air at high altitudes.

The oxygen equipment that you are using at home should not be taken out of the UK. However, there are a number of options available to you. Should you wish to travel outside of the UK, please contact us for details.

Travelling abroad with oxygen is unlikely to be a free service and it is your responsibility to make your own arrangements.

Airlines have their own rules about using oxygen in-flight, and you may require additional approval to fly. Some airlines may only allow you to bring a portable oxygen concentrator, which you may need to hire or buy. Some airlines supply oxygen for a fee, but the cost can vary widely. Make sure you check with the airline before booking. Contact our holiday team and they will also be able to advise.

Safe use of skin creams, emollients and sun cream

Oxygen can react with products that have petroleum jelly or any oil-based products in them. Avoid using anything that contains these products as they can increase the risk of fire. This also applies to products such as sun cream and sun lotions.

If you are unsure what to use as an alternative your local pharmacist or healthcare team will be able to advise you.



Electric and Hybrid Cars

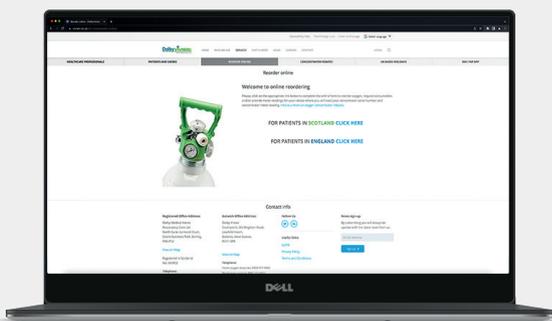
Did you know?

As the number of electric and hybrid vehicles on the road increases, it has come to our attention that there are some features which could affect your battery powered equipment such as transportable (TPOC) or portable (POC) concentrators when connected to the 12-volt auxiliary power supply.

Many manufacturers have implemented battery saving features in their electric or hybrid vehicle models which turn off some low priority systems when the battery runs down. In some models this includes the 12-volt auxiliary supply which you may be using to operate/charge your TPOC or POC. This in turn will have an impact on the battery life of those devices. In addition, some vehicles which operate with a start/stop system also disconnect the 12-volt supply during normal driving.

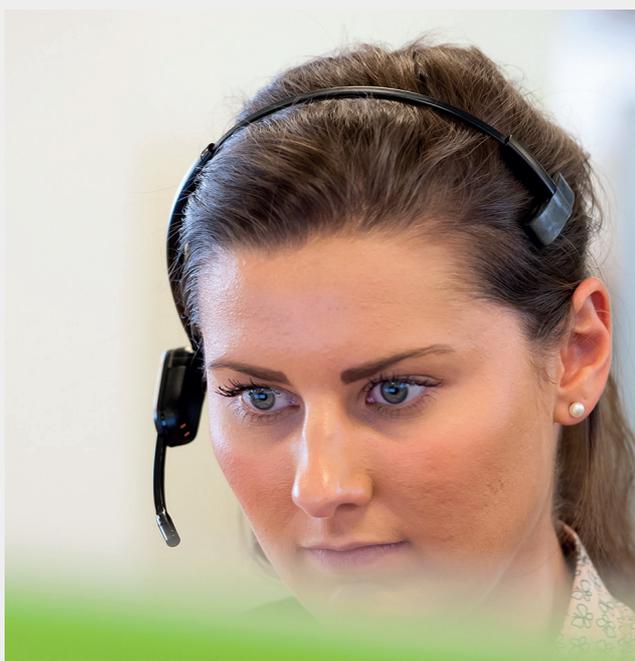
We therefore highly recommend that you check your vehicle's handbook or speak with your car dealer to make sure that you can manage your device's battery life accordingly, especially if you are planning to undertake a lengthy journey.

Online ordering of oxygen cylinders and consumables



More and more of us want the convenience of being able to order or manage things online. We are pleased to say that you are now able to place orders, arrange a service or record an electricity meter reading online.

This can be done at <https://www.vivisol.co.uk/services/reorder-online/>



If you have any problems call Customer Services on 0800 833 531 who will be able to assist you.



Feedback

Your feedback is important to us

Please send all comments or suggestions to oxyadminsco@dolbyvivisol.com.

This is also the email address to be used if you should need to make a complaint regarding the service you have received.



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We care

