Aim: Recording Pulse Oxygen

Introduction: Recording pulse oximetry is a common and practical way to assess a person's oxygen saturation levels. Pulse oximetry measures the percentage of hemoglobin in the blood saturated with oxygen.

Procedure:

1. Prepare the Equipment:

Ensure you have a pulse oximeter, a small device that typically clips onto a person's fingertip. Make sure the device is clean and functional.

2. Select the Finger:

Choose a finger for the pulse oximeter to be placed on. The index finger or middle finger is commonly used. Ensure the finger is clean and warm.

3. Position the Sensor:

Clip the pulse oximeter onto the selected finger. The sensor part should be on the side facing the nail, and the device should fit snugly but not too tight.

4. Allow Time for Stabilization:

Give the pulse oximeter a few moments to stabilize and provide an accurate reading. This is particularly important if the person has just engaged in physical activity.

5. Read the Oxygen Saturation (SpO2):

Once stabilized, the pulse oximeter will display the oxygen saturation percentage. A normal range for oxygen saturation in healthy individuals is typically 95% to 100%.

6. Record the Reading:

Note down the oxygen saturation percentage along with the date and time. If you monitor levels over time, keep a record to identify trends.

7. Take Note of the Pulse Rate:

Many pulse oximeters also display the pulse rate. Record this information as well. The normal pulse rate for adults is typically between 60 and 100 beats per minute.

8. Assess for Signs of Hypoxia:

If the oxygen saturation level is below the normal range, or if there are symptoms of hypoxia (such as shortness of breath or confusion), seek medical attention promptly.

Report: The pulse oxygen of the given subject was found to be…….