

HBOT PATIENT GUIDE

Welcome to our Health Centre, the therapeutic site of the HOC. We realize that many of you have traveled far and at considerable expense to reach us. Most of you are away from loved ones at home. Committing to this treatment schedule does present many challenges, however, as a team we will help you to work through to a satisfying conclusion. You will find that the support demonstrated by our clients for each other, brings a positive ambience that benefits every one of us.

Dr. Zayd Ratansi, N.D. is establishing protocols for adjunctive therapies to enhance and maintain the benefits of HBOT. His time at the clinic is limited, but he is available by appointment for in depth consultations.

Please see your own physician to be cleared for hyperbaric sessions. Have him check your ears for wax plugs.

This needs to be done within 7 days of your first treatment session for both the patient and their HBOT caregivers. Bring the clearances and any x-ray reports (not films) for your HOC file.

Your orientation will take place before your first session commences. We will give you a tour of our facility, issue the chamber clothing, size the oxygen hood assembly and complete the paperwork. Treatments are available Monday through Friday. During the 30 minutes before each session gets under way the waiting room is quite busy. Please try to arrive during a quiet time for your orientation.

The hyperbaric therapy sessions are: \$100.00 CDN (\$75.00 USD) each. The naturopath consultations are: initial \$60.00 and the final consult \$40.00. All other fees regarding adjunctive therapies are posted at the Health Care Centre.

FREQUENTLY ASKED QUESTIONS

- ◆ **WHAT IS HYPERBARIC OXYGEN THERAPY (HBOT)?** HBOT is a method of delivering oxygen at a greater pressure than we are under at sea level. The higher chamber pressure enables the inspired (100%) oxygen to dissolve in your body much like pressure causes carbon dioxide to dissolve in carbonated drinks.
- ◆ **HOW LONG DOES EACH TREATMENT LAST?** Pressurizing the chamber takes 10–15 minutes (up to 25 min) At the treatment depth you will receive a timed 90-minutes of oxygen, after which we depressurize for (10-12 min) and then the doors open. Allow up to 2 ½ hours for each treatment session.
- ◆ **HOW DOES THE AIR IN THE CHAMBER STAY FRESH?** The chamber is pressurized with filtered room air and is ventilated continuously. The outside operator monitors and records the inside air quality with equipment that displays the levels of oxygen, carbon dioxide, humidity and carbon monoxide.
- ◆ **ARE THERE ANY SIDE AFFECTS TO HBOT?** Some patients may notice vision changes if they undergo long-term treatments. Visual acuity will return to its pretreatment condition within 3 or 4 months after your treatments end. If you have cataracts there is a chance they could worsen.
- ◆ **WHAT IS THE RECOMMENDED TREATMENT SCHEDULE?** Two treatments a day, with a 4-hour interval between the start of each session, are the norm. People who live nearby may choose to do one session daily. The end result is the same. The leading proponents of HBOT recommend a minimum of 20 treatments and preferably up to 40 in the initial schedule. After forty treatments, reevaluate your condition for discernable benefits before proceeding. The schedule you are assigned is your reservation. Changes to the schedule are not usually possible. However, we reserve the right to make changes to the schedule at our discretion, if necessary.
- ◆ **WHAT IF I MISS TREATMENTS DUE TO AN ILLNESS?** Treatments are non-transferable and non-refundable. We may be able to provide a caregiver to go in with your child or reschedule the missed sessions at the end of your booking. If not then we will include them with your next scheduled set of treatments.
- ◆ **IS IT WARM INSIDE?** The air warms as we pressurize and cools as we depressurize. Ceiling vents keep the air moving when it is warm and blankets are available if you become cold.
- ◆ **WHAT ABOUT SMOKING?** The smoke odor on your clothes is accentuated within the confines of the pressurized chamber and this will affect other patients. Try to minimize the detrimental effect of smoking on HBOT results by abstaining within 1-hour pre and post treatment.

The Chamber

Our treatment unit is a multi-place hyperbaric chamber with ten treatment panels. Oxygen is delivered to each patient and their exhaled air is vented outside by way of the treatment panels. Each patient wears a neck ring, seal and hood that are connected to the panel by flexible tubing. We provide you with an inside attendant who will help you enter the chamber and make you comfortable. They will coordinate pressurization with the outside operator, put on the neck rings, attach the tubing and hoods, turn on the oxygen, and answer any questions you may have.

Pressurization

As the chamber is being pressurized, air presses on your eardrums and pushes them inwards. This will be painful unless you equalize your inner ear and sinuses to the surrounding pressure. You will have to equalize your ears to be able to reach the treatment depth. **Please, signal the attendant immediately** if you have discomfort in your ears or sinuses. Don't wait until it really hurts. The operator will stop pressurizing and decrease the pressure until you equalize. When you're comfortable they will resume pressurizing. Our attendants are experienced at dealing with non-verbal children and will help you work with your child as required.

Equalizing Your Ears And Sinuses

Try to swallow; yawn or drink sips of water. Turn your head to one side and swallow, then turn to the other side and swallow. Repeat if necessary.

The Valsalva Maneuver - Pinch your nose closed, close your mouth and lift the front-tip of your tongue towards the roof of your mouth. Attempt to blow through your pinched nose (short and sharp) but not too forcefully. This directs air from your throat into your ears and sinus air spaces. A third method combines these techniques. Try swallowing and wiggling your jaw while blowing gently against your pinched nose. Now that's coordination.

Nasal Decongestants

If you have a history of problems with the ear when flying or traveling in the mountains you may wish to use nasal decongestants before the first few treatments,

One and a half to two hours before HBOT tilt the baby's head back and put one drop of pediatric (baby) nose drops in each nostril. Wait 5 - 10 min. and then put a second drop in each nostril. 20-30 min. after the nose drops use one spray of Afrin or a similar nasal spray in each nostril. Do not repeat the nasal spray.

Pressure Equalization Tubes (P.E.Tubes)

If you cannot equalize the pressure in your ears with any of the various maneuvers or nasal decongestants, P.E.Tubes can be inserted through your eardrums by an ear, nose, and throat physician. This relatively painless, outpatient procedure has few complications and the tubes can remain in place during the course of your treatment.

If you have P.E.Tubes inserted, you must not get water in your ears. Use earplugs or, apply a little water-based gel rather than petroleum jelly, to a small cotton ball and place it in your outer ear canal before washing or bathing.

ITEMS ALLOWED INSIDE THE CHAMBER

The 100% cotton clothing that is issued to you during the orientation session.

Eyeglasses (also contact lenses) and smooth gold rings.

One book or a magazine

One plastic water bottle, pacifiers and plastic bottles for babies.

One toy made of 100% plastic without any metal parts. A mom from Calgary made a hand puppet out of a 100% cotton sock.

ITEMS NOT ALLOWED INSIDE THE CHAMBER

Shoes, watches, and synthetic garments such as nylon, rayon etc.

Vaseline, lipstick, hair oil, hair spray, makeup, nail polish, skin lotion, glycerin's, deodorants and the like.

Cigarettes, lighters, matches and other combustibles.

Newspaper, loose-leaf paper or other paper materials.

Jewelry such as earrings, necklaces, rings and any other sharp objects.

Hearing aids and any other electronic devices not designed for HBOT use.

****Please ask our hyperbaric technicians for advice on any other items.**

SAFETY ISSUES RELATED TO HYPERBARIC OXYGEN THERAPY

Most mono-place chambers are pressurized with pure oxygen. Oil, fuel and sparks are very hazardous in an oxygen rich environment. That is why there are rules about clothing, jewelry and personal care products.

Our multi-place chamber is pressurized with air, not pure oxygen. The chambers' oxygen level is closely monitored to ensure that it never becomes an oxygen rich environment. Despite this fact, we take all of the precautions used for mono-place chambers, in order to maintain the highest possible safety standards.

If there is an unscheduled event or a personal medical emergency please follow the lead of the inside attendant. They will advise the outside operator and provide basic life support as required. The outside operator will depressurize the chamber and call 911 to access the local Emergency Medical Services.

There are some limitations on access to the chamber by non-ambulatory patients. We do provide assistance with lifts and carries into the chamber, but the weight and mobility of the patient needs to be considered before booking sessions.

Thank you for entrusting us with your care. We all do our best to provide you with a pleasant and professional atmosphere. We sincerely appreciate the efforts that you make to maintain positive attitudes.

PRE-TREATMENT CHECKLIST

- You have arrived at the centre at least 15 minutes early. (Thank you)
- You have eaten a meal before the treatment.
- You have your hood, neck ring and seal with you.
- You have arranged for babysitting for any siblings who will be left in the waiting room while you are inside the chamber.
- You have changed into your issued 100% cotton chamber clothing and removed your shoes, watch, jewelry, hearing aids, makeup, hairspray, hair oil, deodorant, lotion, nail polish etc.
- You are not suffering from a cold, a flu bug, chest congestion, nausea, diarrhea, ear or sinus infections or pain. (Please, inform us if you are).
- You have advised the inside attendant of any recent problems with seizure activity, diabetic blood sugar fluctuations or high temperatures.
- There is no possibility that you are pregnant.
- Your HOC file(s) are up to date in regards to medication changes, and signed informed-consent forms, physicians' notes, etc.
- The items that you are bringing into the chamber are within the guidelines

I have read the HBOT Guidelines and understand all the contents. All of my questions have been answered to my satisfaction. I agree that the above checklist is complete and will be for every HBOT session.

Signature

Date

Witness - (Hoc Health Centre Staff)

Date