



# SANRAI OXYGEN CONCENTRATORS

---

USER MANUAL

# OXYGEN

Oxygen is vital to the function of all of the body's muscle and organ function. COVID-19 causes respiratory illness which means the body's lungs and their ability to absorb oxygen from the air they breathe decreases dramatically. When blood does not have enough oxygen to supply to the body's muscles and organs a variety of symptoms may occur.

## **Mild** lack of oxygen may cause:

- Headaches
- Shortness of breath

## **Severe** lack of oxygen may cause:

- Rapid heartbeat
- Severe Coughing
- Wheezing
- Confusion
- Blueish color in skin, fingernails, and lips

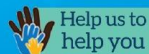
**If any of the above listed symptoms above occur (especially in the severe category), seek medical attention immediately.**

# PRONING

If a wait time is expected before receiving medical care, consider proning. **Proning** is a medically proven technique to help improve oxygen deprivation and breathing comfort especially for those in home isolation. It requires 4-5 pillows, regular alteration of sleeping position, and good ventilation. Please see the next few pages for the guide as per the Ministry of Health and Family Welfare:



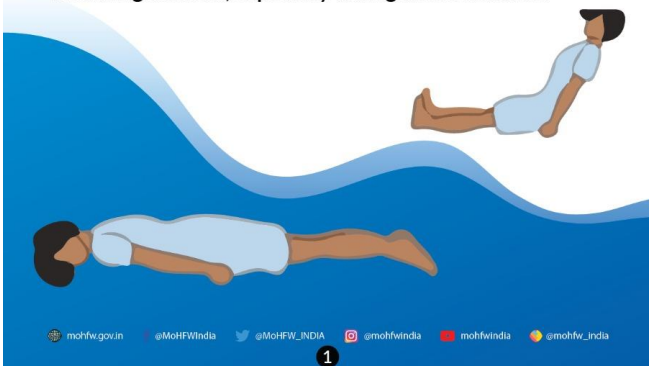
Ministry of Health & Family Welfare  
Government of India



## COVID-19

### Proning for Self care

- PRONING is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down.
- Proning is a medically accepted position to improve breathing comfort and oxygenation.
- It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.



#### IMPORTANCE OF PRONE LYING

- Prone positioning improves ventilation, keeps alveolar units open and breathing easy.
- Proning is required only when the patient feels difficulty in breathing and the SpO2 decreases below 94 (less than 94).
- Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation.
- Missing out on hypoxia (compromised Oxygen circulation) may lead to worsening of complications.
- Timely proning and maintaining good ventilation could save many lives.

#### POSITIONING OF PILLOW

- One pillow below the neck
- One or two pillows below the chest through upper thighs
- Two pillows below the shins



**CONTINUED ON FOLLOWING PAGES**

**\*\*NOTE: THIS IS NOT A REPLACEMENT FOR OXYGEN THERAPY, PLEASE SEEK CARE WITH YOUR DOCTOR AND USE ALL TREATMENTS AS PRESCRIBED\*\***

## For Self-Proning:

- You will need 4-5 Pillows.
- Regular alterations in lying position
- Best is to not spend more than 30 minutes in each position

1. 30 minutes – 2 hours: laying on your belly
1. 30 minutos – 2 horas: acostado sobre su estómago (boca abajo)



2. 30 minutes – 2 hours: laying on your right side
2. 30 minutos – 2 horas: acostado sobre su lado derecho



3. 30 minutes – 2 hours: sitting up
3. 30 minutos – 2 horas: sentado



4. 30 minutes – 2 hours: lying on your left side
4. 30 minutos – 2 horas: acostado sobre su lado izquierdo



Then back to Position 1. Lying on your belly!  
Luego, vuelva a la posición 1. ¡Acostado sobre su estómago (boca abajo)!



Self Positioning Guide\_Elmhurst Hospital\_SB

## Caution:

- Avoid proning for an hour after meals
- Maintain proning for only as much times as easily tolerable
- One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable
- Pillows may be adjusted slightly to alter pressure areas and for comfort
- Keep a track of any pressure sores or injuries, especially, around bony prominences

## Avoid Proning in conditions like:

- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures

## Non-self pronating patients (in emergency):

Five-step method to place a patient in the prone position using a regular bed, flat sheet, and family members

- Using a flat sheet, pull the patient to one side of the bed.
- Place the flat sheet around the arm that will pull through (the side you are turning toward).
- A second flat sheet is placed on the bed and tucked under the patient. This sheet will pull through as you are turning the patient.
- Using the sheet, turn the patient over and position the patient prone. The arm and sheet will pull across the bed.
- Pull and center the patient. Discard the sheet that was used to place the patient in the supine position. Straighten lines and tubes.

This may need modification with emerging evidence



# OXYGEN CONCENTRATOR

## 9 STEPS FOR BASIC USE

**1** Ensure a **dry, safe, flat environment with 10 cm radius of open space** surrounding the machine

**2** Connect the tubing directly to the oxygen outlet via oxygen outlet connector (FIGURE 1)



For Humidifier use: Connect humidifier to oxygen outlet and connect tubing to humidifier (FIGURE 2).



**DO NOT** overfill the humidifier and make sure the water level stays above the minimum line.

**3** Safely plug in concentrator to proper voltage outlet

**DO NOT** use extension cord

**4** Turn on concentrator and check LCD panel for any alarms

- LCD panel will read **“Normal”** when ready to use
- Green **“Normal oxygen”** light will also illuminate when ready to use

**5** Adjust oxygen flow meter to concentration **as prescribed by your doctor**

**DO NOT** let the flow ball in oxygen flow meter go above the red line or below 0.5

**6** Safely place tubing into nostrils with the nasal prongs (cannula) curving downward toward the face



**7** Then place tubing behind ears



**8** Move slider up to adjust fit. The headset should be snug, but you still should be able to fit two fingers between the tubes and your chin.



**9**

Concentrator *can* be used for 24 hours but it is recommended that the concentrator rest for 30 minutes after 8 hours of use.

# OXYGEN CONCENTRATOR

## MAINTENANCE

### DAILY

- ☐ **Clean & Disinfect the oxygen tubing**
  - Clean with detergent first then clean water.
  - Let air dry before use
- ☐ **Refresh Humidifier water**
  - Use clean filtered water or cold boiled water
  - **DO NOT** overfill and make sure water level stays above minimum

### WEEKLY

- ☐ **Clean Air Intake Filter** (black sponge behind mesh located on backside of machine)
  - Rinse with clean water
  - Let air dry before use OR use back-up filter

### EVERY 3 WEEKS

- ☐ **Disinfect Humidifier**
  - Cleanse with detergent, rinse with clean water, soak in household detergent for 20-30 minutes and rinse again
  - Let air dry before reuse.

### MONTHLY

- ☐ **Replace Oxygen Tubing**



# OXYGEN CONCENTRATOR

## DO'S AND DON'TS FOR SANRAI CONCENTRATORS

### KEY POINTS FOR SET UP

- Keep the concentrator **upright** at all times
- Place it on a leveled, sturdy surface with **at least 10 cm radius of clearance** surrounding the machine
  - **DO NOT** block any vents on concentrator
- **NO SMOKING/FIRE/OIL/GREASE-** Avoid placing in direct sunlight and near other electronics
- **DO NOT** move or cover machine while in use
- **DO NOT** use an extension power cord

### OXYGEN FLOW METER/TUBING:

- Adjust oxygen flow **as prescribed by your doctor.**
- **DO NOT let the flow ball in oxygen flow meter go above the red line or below 0.5**
- Clean oxygen tubing daily and replace monthly

### AIR FILTER:

- Clean Air Filter **once a week**

### HUMIDIFIER:

- **DO NOT overfill** and **DO NOT let water fall below minimum**
- **Refresh water daily** with filtered water or cold bottled water
- Disinfect humidifier every 3 weeks