ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Hypoxia

Hypoxia occurs when there is insufficient oxygen in the blood, often due to respiratory diseases, heart failure, or severe anemia.

Common signs and symptoms to monitor for:

- Shortness of breath
- Bluish tint to lips or fingers (cyanosis)
- Confusion
- Restlessness
- Rapid breathing

Tips for Hypoxia Management:

- Use supplemental oxygen as prescribed.
- Position the patient upright to ease breathing.
- Monitor oxygen saturation levels with a pulse oximeter.
- Encourage relaxation techniques to reduce anxiety.

Record and Report to St. Francis:

- Oxygen readings at rest and during activity
- Drops in oxygen readings and activities associated with drops (i.e. walking, dressing)
- Difficulty breathing
- Color changes (bluish tint) to lips or fingers
- Changes in cognition

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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