

## Talking PF: Oxygen Q&A, Wednesday 22 January 2025

### Additional Information

#### Oxygen and driving:

We had a lot of questions about driving and oxygen:

- Action for Pulmonary Fibrosis (APF) do not currently have oxygen stickers for the car, but you can get them from some oxygen suppliers, or you can buy them online.
- Whilst driving is safe to do with oxygen, please ensure your device is secure either in the passenger seat beside you or by the person sat alongside you - it must not be loose or rolling around as this can cause injury.
- This is important for liquid oxygen as well, as the device will dissipate if laid down on the back seat, so make sure it is kept in an upright position.
- There are understandably concerns about refuelling, and the webinar panel wanted to highlight that you can use services like [fuelService](#) that can help get you assistance when refuelling your car.

#### Oxygen and cooking:

Always be safe but please continue to live life especially if you live alone:

- Some people with PF prepare meals in bulk, which limits the time they avoid using oxygen in the kitchen, as the rest of the time the food is just being reheated.
- Some people living with PF use prepacked meal or delivery options as this helps to preserve energy. Whilst these can be expensive, you can also look at online options and ask your local social services about the Meals-On-Wheels options (your local respiratory team can help with this as well as your GP).
- Ensure you have a perch stool or chair in the kitchen to sit on whilst working and meal prep with your oxygen on, whilst hobs and ovens are off, and then take the oxygen into another room and leave, come back to the cooking without your oxygen.

- As Alan mentioned in the webinar, it is a good idea to give your clothes a pat down before you start cooking after using oxygen. This may mean you are back and forth a bit more, but it will help you be safe and well whilst completing essential tasks.
- Perch stools can be obtained from the occupational therapist for free if needed, your GP or respiratory team can refer you.
- Use fan therapy to help and ensure the room is well ventilated to help the breathlessness.
- Do not cook with gas whilst wearing oxygen.
- Whilst electric is safer than gas, it is still a heat source and has the potential to cause issues for the tubing.
- If you live alone and cannot remove your oxygen at all and still need to cook, the advice is to be safe and sensible:
  - Reduce the length of time you are standing directly in front of the hob as much as possible.
  - Leave the room when possible.
  - Induction hobs are safer still but be aware the pans are still hot and a melting risk.
- The safest way to negate the risks would be to get others to do the cooking for you, but we recognise that this is not always possible.
- Please be safe, speak to your local oxygen team and ask for a fire risk safety review at home. This is free and intended to keep you safe and well living a life at home.

### **Oxygen and travelling:**

- Many people with PF can travel by plane. If you're considering flying, tell your medical team as soon as possible.
- Your medical team may recommend that you have a fit-to-fly (hypoxic challenge) test.
- You will need to ensure you have appropriate travel insurance, it can be very expensive to fly without it if you become unwell and need medical emergency treatment abroad so, please do not go without.
- Some people will also arrange travel assistance at the airport from curb to plane as this means you do not have to stand in queues, reduces the risk of using all the battery on your



device before you get to the plane, and takes the stress and hassle out of getting through the airport. They will also organise this the other end as well for you.

- APF's next Talking PF webinar (in March) is on the topic of travelling with PF. We'll be talking about all of this advice and more in more detail, so do keep an eye out for the details coming soon.
- You can read more about APF's advice for travelling with PF on our website: [Travelling with pulmonary fibrosis](#)
- If you would like advice about travelling before then, you can always ring our support line team, 9-5, Monday-Friday on 01223 785 725