

# Patient Education

NOVEMBER 2021

**SerenaGroup**  
Building the Nation's Leading Wound Care Team



# OVERVIEW



- The internet is full of misinformation for HBOT.
- It is our responsibility and duty to properly educate our patients.
- Evidence suggests that properly educated patients have better outcomes and are much more compliant with HBOT.
- Education builds trust and ant patient must trust the tech!
- Most patients have multiple co-morbidities such as diabetes, amputations, HTN, seizures, heart issues, and others. These medical problems create a burden for the pt and HBOT adds to those burdens.
- It is important that the patient understands and believes that these treatments have value!
- Daily visits to HBOT provides an opportunity for the Doctor and the tech to be a life coach and assist in making lifestyle changes for the better of the patient.
- When educating the patient, use simple language that the patient can understand. If needed use pictures or handouts to assist. **Remember to document all education!!!**



# FAQ's of HBOT

*We are all  
educators*

Use the following to help in  
patient education



# What is HBOT?

- Proven medical treatment
- Helps the body's natural healing process
- 100% oxygen under pressure that increases O<sub>2</sub> levels in the bloodstream





How long are  
HBOT  
treatments?

- Treatments are 120 minutes or 2 hours
- Total time of visit could vary, could range from 2.5 to 3 hours



# How many HBOT treatments are needed?

- Treatments are determined by the physician.
- Factors include diagnosis, patient response to treatment, patient compliance, and co-morbidities
- Typically, 4-8 weeks consistent treatment or 30 to 60 treatments. Holidays or closures may alter this timeframe



# Is Hyperbaric Treatment safe?

- **YES!**
- Serious complications are rare.
- Treatments are prescribed by trained physicians
- Patients are always under medical supervision by specially trained staff such as techs and nurses

**HBO IS  
SUPER SAFE**



## Side effects?

- Most common side effect is pain in the ears and sinuses caused by pressure change, also known as barotrauma
- To minimize the risk of barotrauma, patients are taught techniques to promote adequate clearing of the ears and sinuses during the compression phase
- 1 in 5 patients experience changes in vision, near-sightedness. These changes are usually minor and temporary usually resolving in 4 months after last treatment
- Other side effects include seizures, lung collapse, and difficulty breathing. If any of these side effects develop the patient is sent directly to the ER
- Cataracts





# How should I prepare?

- Patients should arrive 15 minutes before their scheduled time
- Only special linen provided by the clinic is allowed to be worn into the chamber
- No cosmetics, perfumes, hair products, deodorants, wigs, underclothing, eyeglasses, or jewelry are allowed in the chamber
- Do not drink carbonated beverages before treatment
- *Quit smoking!*
- Diabetics should eat a nutritious meal with plenty of protein before treatment. Stay away from high amounts of carbohydrates and sugar
- For diabetics, their BGL should be between 120-180 but no lower than 120 for treatment



QWZ!

## Question 1

A robust body of evidence suggests that educated and engaged patients have a better \_\_\_\_\_ and are more \_\_\_\_\_.

## Answer 1

A robust body of evidence suggests that educated and engaged patients have a better outcomes and are more compliant.

## Question 2

It is important that the patent understands and believes that the treatment has value?





Answer 2

It is important that the patent understands and believes that the treatment has value?



## Question 3

The most common side effect in hyperbarics is pain in the ears and sinuses caused by

\_\_\_\_\_.

Answer 3

The most common side effect in hyperbarics is pain in the ears and sinuses caused by pressure changes.

## Question 4

It is important to only use medical language so that the patient will know how well educated you are as this will help them feel safer.



## Answer 4

It is important to only use medical language so that the patient will know how well educated you are as this will help them feel safer.





## Question 5

Patient education should only be done as part of the pre-HBOT intake process.



Answer 5

Patient education should only be done as part of the pre-HBOT intake process.



# SERENAGROUP HYPERBARIC LEADERSHIP

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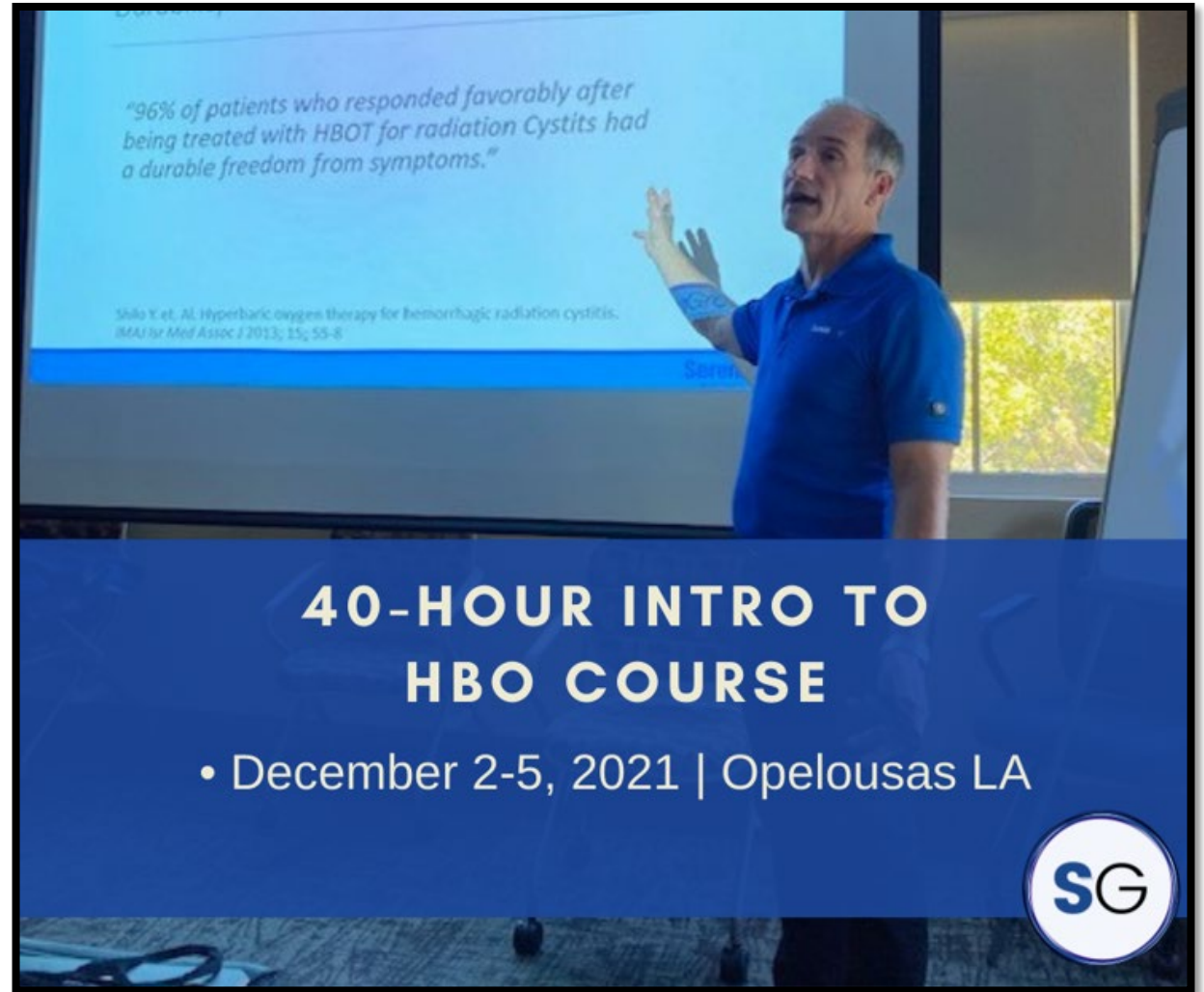
# HBO Show Rate October 2021

Center	Program Director	Show Rate Percentage
Akron	Nick	
ACMH	Lisa	95%
Berkshire	Sean	90%
CHI Health CUMC/Bergan	Joe	
CHI Health Mercy	Joe	
Deborah	Megan	
Fairview	Jamie	100%
Henry Ford	Eliece	
Jackson	Dean	82%
St. Mary's	Katie	100%
St. Joseph Medical Center	Christine	61%
Via Christi	Nancy	100%
MH The Woodlands	Andrea	No Patients Yet
Inspira – Elmer	Ally	100%
CHI Health St. Elizabeth	Joe	
Chambersburg	Ginger/SG	72%



# HBO Upcoming Courses

Register at  
[www.serenagroupinc.com](http://www.serenagroupinc.com)




"96% of patients who responded favorably after being treated with HBOT for radiation Cystitis had a durable freedom from symptoms."

Shilo Y. et. Al. Hyperbaric oxygen therapy for hemorrhagic radiation cystitis. *JAMA for Med Assoc* 2013; 310: 55-8

**40-HOUR INTRO TO  
HBO COURSE**

- December 2-5, 2021 | Opelousas LA





Next  
Presenter

**Date:** December 21, 2021

**Presenting:** Henry Ford

**Topic:** Seizures in the Hyperbaric Chamber

