



Oxygen Therapy Patient Consent

This was last updated by Shannon Keane and Jadon Webb 1/26/2021.

This consent form contains information about use of Oxygen Therapy for psychiatric treatment purposes including depression, anxiety, PTSD, OCD, or other conditions as discussed with your provider. This document has page numbers and ends with a signature line, please initial all pages and sign at the end.

In order to begin treatment with us, we require you to read this entire agreement, ask any questions you have ahead of time, and seek outside advice or counsel about this agreement if needed.

You must agree to all of the terms here in order to proceed with treatment. By starting treatment with us, we assume that you do so agree, and have had all questions about your treatment answered to your satisfaction, and continue to agree to our terms as long as you are an active patient in treatment with us. You also agree that we may, at our sole discretion and at any time, change our terms of agreement for treating patients. This consent does not obligate us to treat you, and it is possible that we may determine at some point in the future that we are no longer able to treat you, and may need to cease treatment and/or discharge you from the clinic.

If you do not understand or agree to any of these terms (including from any language, educational, decisional capacity, or cognitive barriers), or have any other questions, please talk to your provider or call us prior to any treatment (303-801-1776 at the time of writing), and do NOT begin any treatment until you feel you have fully understood and agreed to this entire document.

OUTSIDE RESOURCES TO READ BEFORE STARTING TREATMENT:

IT IS CRITICALLY IMPORTANT THAT YOU FAMILIARIZE YOURSELF WITH HOW HOME OXYGEN TREATMENT WORKS. There are resources on the internet that can be very helpful, such as [Home Oxygen Therapy Information](#) and the information on home oxygen from [Inogen](#) (this website is not affiliated with us, please call us if unable to access this link or any others).

This information presented above is for clients seeking oxygen treatment for medical reasons, however, we prescribe oxygen therapy in a similar manner, so the information provided in these documents are helpful for informing about staying safe, preparing for home use, as well as the possible risks and side effects from receiving this treatment. It is again imperative that you read these, **and ask us any questions about it prior to starting treatment.**

PLEASE DO NOT START HOME OXYGEN THERAPY UNTIL YOU HAVE HAD ALL QUESTIONS ANSWERED TO YOUR SATISFACTION, AND HAVE COMPLETED A 1ST SESSION USING THE EQUIPMENT AND RECEIVING HOME THERAPY INSTRUCTIONS IN OUR BLOOM MENTAL HEALTH CLINIC OFFICE SETTING.

EFFICACY OF OXYGEN IN TREATING PSYCHIATRIC DISORDERS:

Multiple clinical studies have been conducted over the past decade that suggest that supplemental oxygen therapy may be a safe, effective treatment for psychiatric disorders, such as major depression. It may also have efficacy for other disorders such as anxiety, PTSD, and borderline personality.

Please note that oxygen is **not** an FDA approved treatment at this time for mental health disorders, although there is some scientific evidence to suggest it is helpful. Please talk to your provider if you have any questions about this, or want to compare this treatment to other treatments, including those that are FDA approved. Please note that the studies below are just some examples, and involve specific populations (such as those with sleep apnea). They also have variable protocols for how oxygen is delivered (such as the rate of oxygen flow and length of time). Because of this, these results may not necessarily apply to your specific situation, and you will need to customize your treatment plan with your provider.

Oxygen supplementation appears to decrease symptoms of depression in a study looking at patients [with sleep apnea](#). Another [study](#) found that oxygen may relieve suicidal thinking, and improve depressive symptoms independent of effects of other medications used to treat depression. A study done in 2002 showed that oxygen may help improve symptoms of [anxiety](#). Another study found that oxygen may help with symptoms of [PTSD](#).

SAFETY:

We again ask that you read the [safety instructions](#) regarding risks of treatment with oxygen therapy. Manufacturer patient information informs of risk of:

- dry or bloody nasal passages
- Tiredness
- Morning headaches
- Short or long term changes to your lungs or other body tissues caused by exposure to high levels of oxygen, some of which could be long term and irreversible

- High concentrations of oxygen, over a long period of time may increase free radical formation in the body, which could lead to damaged membranes, proteins and cell structures in the pulmonary system.
- Infection or allergy to components of the oxygen concentrator, also including reactions to the water used in any humidifier
- Oxygen also poses a fire and burn risk. You should never smoke, or use flammable materials when using oxygen.
- Oxygen may collect in poorly ventilated areas, which could result in fire or explosion
- Patients have reported running into / tripping over the oxygen concentrator, resulting in injury
- If you are pregnant, or breastfeeding, please speak to your provider prior to the initiation of oxygen therapy as safety has not been firmly established.

It is not currently known whether any oxygen therapy may induce or aggravate psychiatric disorders. Prior reviews of studies do not appear to indicate any emergent psychiatric concerns arising from this treatment (see the studies above regarding efficacy, as most also comment on safety). However, it is still important to familiarize yourself with basic psychiatric safety and emergency planning, as found in our Patient Agreement (Contract).

EMERGENCY CARE

Please take time to re-read the Patient Agreement (Contract) regarding safety and urgent care for psychiatric concerns. Treatment with oxygen therapy should, in this respect, be considered as any other mental health treatment. Therefore, it is important to be familiar with how to handle adverse medical or psychiatric outcomes, including any related to oxygen therapy.

This practice is set up as outpatient treatment for patients and their families who are able to safely function outside of a more restrictive environment (such as a psychiatric hospital), and who can generally stay safe for at least a week or two at a time in between sessions or phone calls with Bloom Mental Health. We cannot guarantee capacity for handling urgent or high needs cases that, for example, require multiple consultations per week, the ability to make same-day or same-week appointments, or that need 24/7 on call services.

If you are experiencing a medical (INCLUDING SIDE EFFECTS FROM OXYGEN THERAPY) or psychiatric emergency, or have a concern which requires immediate help, call 911, or proceed to the nearest emergency room if able to safely drive. It is critical that you are examined by a provider in person to ensure your safety. Please call 911 for assistance if you are unable to safely travel to a provider yourself.

For urgent psychiatric concerns, Denver Springs (720-643-4300) is a psychiatric hospital in the area that provides 24/7 crisis assessment, no appointment needed. If you are urgently wanting to talk to someone by phone, please call the Colorado Crisis Services at 844-493-8255 or text "TALK" to 38255.

Please do **NOT** wait for us to return your call to get help for an emergency.

We feel it is ESSENTIAL that you have an immediate, in-person exam for any concerns that cannot wait for routine call backs, so that your vital signs can be monitored, and so you can be examined by a trained professional, and then treated quickly if needed. This is much safer than attempting to manage by phone, including if you are not certain if the concern is an emergency.

We ask that all active clients of Bloom agree to immediately present for an in person exam for any urgent concerns, and NOT attempt to manage a crisis or emergency by phone (e.g. to not, as a first step, call us and wait for a callback to manage it). Clients also should NEVER show up to our office outside of scheduled appointments for urgent help, as we are not currently equipped to provide this.

Certain side effects and symptoms can only be diagnosed properly by a medical or psychiatric exam, and some symptoms can mimic much more serious problems. Thus, presenting for an in-person exam at an urgent care/emergency facility helps remove uncertainty and ensure your safety. If you have any doubts about whether your concerns are serious, it is MUCH better to side with safety and get an in-person exam at an urgent care or emergency room. NEVER wait and wonder if something is serious! Get it checked out. If you do not understand or agree with this, it is imperative that you let us know immediately prior to any further services.

If you do experience a crisis/emergency, please immediately proceed for help, and call us after you are in a safe setting (e.g. the emergency room), and leave us a detailed voicemail at 303-801-1776. Please let us know what occurred and what hospital you are being treated by, so that we can follow up with you and request records from the facility if needed. Please review this patient agreement regarding expectations around call-back times from us as they also apply here.

ALTERNATIVE TREATMENTS INSTEAD OF OXYGEN THERAPY:

A number of treatment alternatives exist for treatment of psychiatric disorders, including many that are FDA approved. By engaging in treatment with oxygen, it is possible that this will displace another treatment that you might have done instead, and so it is important to know what the alternatives are.

Many patients suffering from psychiatric disorders have an underlying sleep disorder, such as sleep apnea. **These sleep disorders can be dangerous to your health, and should be investigated.** We always advise that you get regular checkups with your primary care provider, and get a sleep test for any concerns such as apnea. It is important that you not use oxygen therapy as a substitute for correcting a sleep disorder (e.g. considering CPAP or other sleep treatments).

Supplemental oxygen therapy is unique in how it affects your mood, and appears to be substantially different in its mechanism for alleviating mental health concerns compared to other conventional treatments. And again, other methods exist to treat depression which have different safety, efficacy, and logistics considerations, and should be considered carefully before starting.

Major Depression (MDD), Anxiety, PTSD, OCD, and Bipolar Disorder are usually treated with oral medications such as antidepressant medications, anti-anxiety medications, and mood stabilizers. Many of these medications are FDA approved, and have been extensively studied, including their safety and efficacy. Many of them have been in use far longer than oxygen therapy, and so long term effects are better understood. These are often first-line treatments for patients with mental health concerns, and should be considered with your provider.

Supplements such as NAC, SAM-e, as well as healthy life interventions such as exercise are also known to help some patients with depression, anxiety, and other disorders. [Triple Chronotherapy](#) / sleep deprivation is another less-known method that can treat depression quickly, and is worth considering since it can work quickly, with strong effects. We are a proponent of triple chronotherapy and would be happy to talk more about this with you.

Other non-medication options also exist to treat conditions such as serious or treatment resistant depression, including Electroconvulsive therapy (ECT) and Transcranial Magnetic Stimulation (TMS). These treatments have also been extensively studied and are widely regarded as safe and effective, and have FDA indications for some conditions. Please ask us more about these if you are interested, or are unsure if these treatment modalities would be worth considering prior to oxygen therapy.

Psychotherapy is a proven treatment for all of the disorders discussed here, and can likely enhance the effectiveness of treatments such as oxygen therapy. We ask that all clients presenting for the concerns discussed here engage in psychotherapy, whether receiving oxygen therapy or not. We also welcome collaboration with your therapist during your treatment process.

Again, oxygen therapy is a novel psychiatric treatment. It is not yet a mainstream treatment, though there are now many studies that demonstrate that it may be an effective treatment for co-morbid depression in other chronic medical conditions. Oxygen therapy may not permanently relieve depression. If your depressive symptoms respond to oxygen therapy, you may still elect to be treated with medications and ongoing psychotherapy to try to reduce the possibility of relapse. Over time, you may also need additional oxygen therapy sessions or other therapies to maintain your remission.

CONTRAINDICATIONS TO OXYGEN THERAPY

Contraindications are similar to those seeking treatment for other disorders, including chronic obstructive pulmonary disease (COPD) and obstructive sleep apnea (OSA).

Please review the warnings and caution surrounding oxygen therapy [HERE](#) and DO NOT proceed with treatment until you have fully reviewed and discussed any questions you may have.

Below we list **SOME** conditions to consider, but ask again that you review the entire list:

Medical Conditions: Please let us know if you have sleep disorders, or pulmonary conditions such as: Obstructive sleep apnea, sleep disorders, narcolepsy, insomnia, REM sleep behavior disorder, asthma, chronic obstructive pulmonary disease, chronic bronchitis, cystic fibrosis or lung cancer. Also do not use oxygen therapy if you have any internal injuries that could result in air pockets or other gas compartment syndromes from using a gas-based treatment.

DRUG INTERACTIONS

We do not know of any data to suggest that oxygen cross-reacts with medications or foods. However, please discuss any medications you are taking with your provider prior to starting treatment.

VOLUNTARY NATURE OF PARTICIPATION IN TREATMENT

Your decision to undertake Oxygen therapy is completely voluntary. Before you make your decision about participating, you may ask and will be encouraged to ask any questions you may have about the process.

Your continued treatment with Bloom also does not necessarily depend on continued oxygen therapy unless there is a specific medical reason for this (eg if we believe that this is the only appropriate treatment for you, which is rare).

WITHDRAWAL FROM OXYGEN THERAPY IS ALWAYS YOUR OPTION!

Even after agreeing to undertake oxygen therapy treatment, you may decide to withdraw from treatment at any time.

Oxygen Concentrator Rental Agreement

Oxygen concentrators are sensitive medical devices that Bloom typically purchases, and allows patients to use temporarily either in the office, or for defined periods of time at home.

By agreeing to rent and/or take home any equipment from Bloom you attest that:

- You feel capable of operating the equipment, and are aware of how to access information from the manufacturer if unsure.
- Use of this equipment is completely voluntary, and you may stop using it at any time without giving notice.
- You already have proper building or homeowner's or other insurance that would cover any losses resulting from intentional or unintentional misuse of the equipment and/or equipment failure, including due to errors caused by the equipment.
- You agree to hold Bloom harmless for any damages caused by equipment taken out of our premises, including for example damages from fire or injury to person caused by interaction with the equipment.

All oxygen concentrators will be loaned out for a term agreed to beforehand, typically for a few days or weeks at most. We ask that all concentrators be returned within 5 business days after the end of the agreed to loan of equipment. Failure to return within this time frame may result in being charged a late fee of **\$20/day**, up to the cost of the entire unit when purchased new (to replace the lost equipment), and including cost of shipping, administrative fees, etc. Failure to return a unit could delay another patient from receiving care, and so we kindly ask that you please return the unit as soon as possible!

We will try out the concentrator being loaned to you with you at our practice, and show you how to operate it, and we encourage you to try it out, and make sure that it works, and that you are familiar with proper use. In requesting to take it home, you agree that you understand how to safely operate the machine, had all questions about it answered, and that, to the best of your knowledge, it was in working order. Any units returned damaged or not working will be charged against your deposit in order to repair or restore the lost unit. In some cases, we may need to replace with a newer, similar unit (e.g. if the unit is no longer sold).

Should you wish to take an oxygen concentrator home for extended use a deposit of not less than \$700 will be charged to the credit card on file. Upon return of the machine our staff will certify the machine is in working order and good condition. By signing this form, you understand that your credit card will be charged the deposit fee indicated above for the oxygen concentrator and would also be charged for any damage incurred while the unit is in your possession.

INFORMED CONSENT ATTESTATION

Your execution of this agreement constitutes your acknowledgment that you have read and understand our expectations around urgent/emergency concerns, have had sufficient time to have any questions answered, and you agree to reach out for immediate, in-person help with emergency services for all urgent/emergency matters (as discussed above).

By signing this form, I agree that:

1. I have fully read and understood this entire informed consent form describing OXYGEN THERAPY treatment.
2. I have had the opportunity to raise questions and have received satisfactory answers.
3. I fully understand that OXYGEN THERAPY can result in a profound change in mental state and may result in unusual medical, psychological, and physiological effects.
4. I have a signed copy of this informed consent form, which is mine to keep.
5. I understand the risks and benefits, and I freely give my consent to participate in OXYGEN THERAPY treatment as outlined in this form, and under the conditions indicated in it.
6. I understand that I may withdraw from OXYGEN THERAPY treatment at any time.
7. I have read, understood, and agreed to the OXYGEN CONCENTRATOR EQUIPMENT RENTAL AGREEMENT

1st Session - 1 1/2 hour In Office + 1st night (take home) rental \$175.00 one time fee

*Following First Session - If patient requests to take home the oxygen concentrator a **deposit of \$700.00** will be charged to the client's credit card on file with BMH. Upon return of the equipment, checked and in good working order all **UNUSED NIGHTS** will be **REFUNDED** to the client's credit card.*

7 nights rental fee (following the 1st Session)	\$ 30.00 each night
9 - 30 days rental (beginning the 9th day)	\$ 20.00 each night
30 day rental	\$875.00 Total

Signature: _____ Date: _____

[By typing your name as signature you hereby authorize and validate the content of this agreement.]

Printed Name: _____