Administering Oxygen via a Nasal Cannula

**Goal:** To deliver low to moderate levels of oxygen to relieve hypoxia.

1. Review chart for physician’s order for oxygen to ensure that it includes method of delivery, flow rate, titration orders; identify client.
2. Wash your hands.
3. Identify client and proceed with 5 rights of medication administration. Explain procedure to client. Explain that oxygen will ease dyspnea or discomfort, and inform client concerning safety precautions associated with oxygen use. Encourage him or her to breathe through the nose.
4. Assist client to semi- or high Fowler’s position, if tolerated.
5. Insert flowmeter into wall outlet. Attach oxygen tubing to nozzle on flowmeter. If using a high O₂ flow, attach humidifier. Attach oxygen tubing to humidifier.
6. Turn on the oxygen at the prescribed rate. Check that oxygen is flowing through tubing.
7. Hold nasal cannula in proper position with prongs curving downward.
8. Place cannula prongs into nares.
9. Wrap tubing over and behind ears.
10. Adjust plastic slide under chin until cannula fits snugly.
11. Place gauze at ear beneath tubing as necessary.
12. If prongs dislodge from nares, replace promptly.
13. Assess for proper functioning of equipment and observe client’s initial response to therapy.
14. Monitor continuous therapy by assessing for pressure areas on the skin and nares every 2 hours and rechecking flow rate every 4 to 8 hours.