

OUCH(UK)

OXYGEN THERAPY IN CLUSTER HEADACHE

02- 4 - CH

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Introduction

- Why is oxygen used in cluster headache?
- The hypothalamus and autonomic system
- Who initiated O₂ studies in cluster headache?

Kudrow L, 1981;

- Further studies by Fogan L, 1985;
- Cohen AS, Burns B, Goadsby PJ [2009];
- Dirks D, Haane D, Koehler PJ.

Methodology of Oxygen use.

- At present there are two types of O₂ therapy available on the NHS for cluster headache:

Short Burst Oxygen Therapy

- (using non-re-breather mask)

– SBOT



Ultra High Flow

- (using demand valve [UHF])

UHF



HOW TO GET O₂ THERAPY PRESCRIBED

- In England and Wales both therapies are available on NHS prescription from your GP.
- Your GP will complete three forms, oxygen should be delivered within 24 to 48 hours.
- The HOOF form downloads can be found on the OUCH [UK] website
- In Scotland and Northern Ireland oxygen can only be prescribed by a secondary clinician [consultant].
- ALL FOUR NATIONS OF THE UNITED KINGDOM WILL NOT SUPPLY OXYGEN TO SMOKERS.
- If you have asthma, hypercapnia, breathing difficulties, or COPD, you should ask for a spirometry test to ensure it is safe for you to use oxygen therapy.

USING SBOT O2 THERAPY

- Delivery
- When to use it.
- Using SBOT [short burst oxygen].
- Start at 15 litres a minute for the first few minutes; then turn it down to around 8 litres a minute or lower, as long as the bag on the mask reinflates between breaths.
- Keep using the oxygen until the pain has gone and for a further five minutes or so afterwards to prevent rebound.
- If it doesn't work after 30 minutes, switch it off; but try again with the next attack.

USING DEMAND VALVE

- For demand valve therapy, the engineer will fit the valve and turn the regulator to 'ON' and no further. The engineer will show you.
- You do not need to set a flow rate as when you breath in the oxygen is released at a high rate, and when you breathe out the valve shuts off the oxygen.
- Only a couple of minutes extra therapy to ensure no rebound attack
- There is an optional face mask if preferred.
- In 2014, OUCH[UK] did an anecdotal study of demand valve therapy and users were painfree in a few minutes and without rebound attacks.

Differences between SBOT and UHF OXYGEN

- The differences between the two therapies are as follows:
- 1. SBOT is flowing all the time it is being used. Costs between £500 pa for chronic sufferer & £200p.a. for episodic sufferers. Effective in 20 to 40 minutes. Possible rebound.
- 2. UHF demand valve: estimated cost for chronic sufferer less than £230 per year; episodic sufferer around £55. Usually effective within 12 minutes. No evidence of rebound attacks.
 - Even though the demand valve itself is initially more expensive than the non- rebreather mask, in the long term it is far more cost effective.

Differences between SBOT and UHF

- UHF demand valve for CH patients is estimated as a saving of £2.5 million to the NHS.
- OUCH (UK) has fought successful battles on the oxygen front in the past;
- Achieved prescription of O₂ for CH; & Adoption of high flow regulators as standard;
- UHF demand valve listed for CH therapy on BNF; HOOOF form and NICE GP guidelines for headache prescribing.
- Demand valve is available in most areas of England, Wales, & Scotland, but not yet Northern Ireland.

USING OXYGEN THERAPY SAFELY

- As previously stated if you smoke you will not be prescribed oxygen.
- After oxygen use, keep away from any naked flames. Candles, gas fires.
- Allow oxygen fumes to dissipate from your skin and clothing [30 mins].
- Do not use oxygen if you have recently applied skincare creams, including suncream.
- Do not use vaseline or any petroleum based products.
- If using demand valve mouthpiece the oxygen shuts off between breaths, making it much safer to use.

Further oxygen info

Oxygen check every six months

Notify your local fire service/station/ car and home insurers

The four oxygen companies and there regions are :

Air Liquide – London and Southwest England

Baywater – Northwest England, Yorkshire, Humber,
West Midlands and Wales

BOC – Eastern England, East Midlands and Northern Ireland

DOLBY VIVISOL - Scotland

FURTHER OXYGEN INFO

Contact our advice line 0800 669 6824

Download oxygen information from our website

E-mail : val@ouchuk.org

Contact your oxygen supplier.