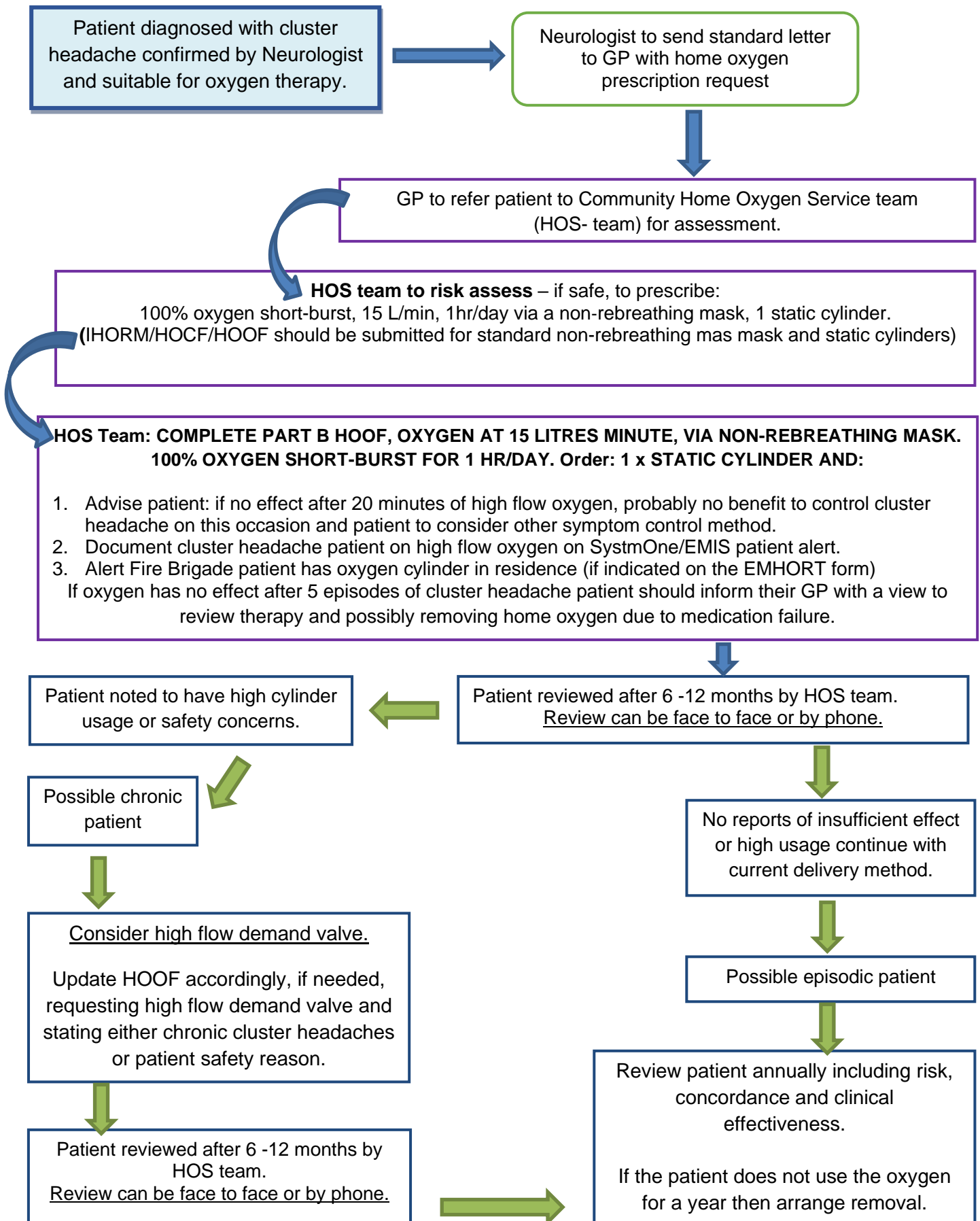


NOTTINGHAMSHIRE HOME OXYGEN PATHWAY FOR CLUSTER HEADACHES



Information about commissioned Home Oxygen Services available within Nottingham and Nottinghamshire localities could be found on [TeamNet](#). Please log into this online platform if you need an access to referral forms or to see service's contact details.

Glossary:

HOS - Home Oxygen Service team

HOOF – Home Oxygen Order Form

HOCF – Home Oxygen Consent Form

IHORM – Initial Home Oxygen Risk Mitigation Form; introduced to reduce the risk of a serious incident occurring if medical oxygen is installed in a home environment.

Non-rebreathing mask - a device used in medicine to assist in the delivery of oxygen therapy.

Static cylinder (DF) – holds 1360 litres of oxygen.

Cluster – attack between 1 & 8 times per day

Cluster cycle – lasts weeks or months with remission periods

Chronic – no remission periods or remissions that last less than a month at a time.

Episodic – attacks occur in periods lasting 7 days to a year and are separated by pain-free periods lasting 1 month or longer.

High flow demand valve - is a device that allows a patient to inhale 100% oxygen and is breath activated. It allows the high flow oxygen to be delivered using less oxygen, reducing the number of cylinders chronic patients need. It also stops the flow of oxygen if the patient falls asleep so maintaining safety and preserving oxygen supply.

From the clinical research there is no clear evidence that the demand valve has proven increased in efficacy for cluster headaches.

The high flow demand valve will only be available on the NHS for identified chronic sufferers.

If episodic patients wish to use a high flow demand valve, then they can be rented from BOC. The NHS cannot justify the cost of supplying demand valves to all cluster headache patients as there maybe years between episodes when an expensive valve is sitting in a patient's home not being used. Any consumables required by patients who have bought their own demand valve should be supplied free of charge by BOC as part of the contract.

Neurologist to send standard letter to GP with home oxygen prescription request

Standard Letter from Neurologist to GP: (to include home oxygen prescription request)

Patient Name/Demographics

Please refer this patient to your community oxygen referral service for risk assessment, and if appropriate a prescription on a HOOF B form for:

12-15 litres oxygen per minute,

short burst 100% oxygen therapy,

using a standard cylinder, (order one standard cylinder initially) plus a non-rebreathing mask for one hour a day”.

Standard Questions to be addressed at the six-monthly and annual telephone follow up:

Aim: to assess efficacy of home oxygen during a cluster headache attack.

“Does the high flow oxygen result in a definite reduction in the duration or the intensity of the attacks of cluster headache?”

- If clear benefit, continue with oxygen use.
- If no benefit (or very infrequent benefit, e.g. if oxygen helps with less than one quarter of the attacks) then remove the oxygen.
- If not clear, then reassess after 4 weeks, abstaining from using oxygen for 2 weeks then using oxygen for 2 weeks. Ask the patient to grade the duration and intensity of the attacks (i.e. with and without oxygen).
- If still not clear, ask them to see the GP to make a judgement on the efficacy of the oxygen.

References:

- NICE Clinical guideline [CG150]. Headaches in over 12s: diagnosis and management; accessed on 04.01.2022
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- NHS England and NHS Improvement, Home oxygen order form (HOOF) letters and guidance, Updated 9th December 2021 (<https://www.england.nhs.uk/coronavirus/publication/home-oxygen-order-form-hoof-letters-and-guidance/>)

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Version Control- Cluster Headaches - Home Oxygen Pathway

Version	Author(s)	Date	Changes
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