

# Registration Form



**All profits from the Bristol Therapy Centre go to The West of England MS Therapy Centre to provide therapies to people living with neurological conditions.**

I wish to register for therapy at the Bristol Therapy Centre Ltd.

Registration Fee payable annually: **£50.00**

I wish to pay by cheque/debit card/standing order.

(Delete as appropriate).

Title: \_\_\_\_\_ Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Tel No: \_\_\_\_\_ Mobile: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Initial here  
if you  
consent**

**Health & Safety:** Where and if necessary, I consent to being transferred by a patient transfer hoist or other recognised procedure as may be required on an emergency basis. I confirm that I am aware that the Centre's policies require that I provide for physical, or any other assistance, I may require under normal circumstances.

**Electronic communication:** I consent for my details to be added to the Centre's digital mailing list. **Please note** this is our preferred method of communication and has been a vital tool in helping us stay connected with members during lockdown you will also receive newsletters plus details and information on special events and fundraising activities.

**Photography:** I consent for my picture/video to be taken and used for the Centre's service reporting purposes and/or in the marketing of services.

**Benefits of Therapies:** I fully understand that the benefits of therapy will also depend on my lifestyle, on-going medication, and general health. I understand that if I have not given the correct details or have failed to provide all relevant and appropriate information the effects of therapy could be nullified or lessened.

The Brightwell is a Partnership of these organisations:  
The West of England MS Therapy Centre Limited - Charity No 801155  
The Bristol Therapy Centre Ltd - Company No 08193674

With joint Registered Offices at Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol BS32 9DB



# Oxygen therapy

## Introduction to oxygen therapy

Oxygen therapy can be used alongside more traditional therapies in the treatment of a variety of conditions including recovery from sporting injury, pre- and post-radiotherapy and other treatments for cancer, recovery from a stroke and a wide range of neurological conditions.

It is one of the main therapies we provide at our Centre and has been since we originally opened in Nailsea, in 1985, since that time well over 100,000 individual oxygen therapy sessions have taken place.

Oxygen therapy is provided in a specially designed Barochamber which can seat up to four people under our COVID -19 procedures. A session lasts for just over an hour and we advise people, particularly those new to the treatment, to allow for up to an hour and a half at the Centre.

## What is oxygen therapy?

Put simply, it is an increase in the concentration of the same oxygen we breathe normally in the air. To do this, a Barochamber is needed to allow the pressure around the body to be increased. We all live under normal atmospheric pressure and the extra pressure required for this therapy is small; up to one atmosphere (1ata). The technology is well established, as all commercial aircraft are Barochamber equipped with oxygen-breathing systems.

Oxygen therapy has a hundred-year history and in more recent times the medical profession has begun to recognise that even when the level of oxygen in the blood is normal, there can be a severe deficiency in the tissue. Now that science is accepted, the use of oxygen is expanding rapidly around the world. The therapy involves breathing 98% oxygen in a chamber at 1.5 to 2 times normal atmospheric pressure for a total of one hour.

## How will breathing more oxygen help?

The air that we breathe usually provides enough oxygen for both normal body metabolism and the repair of tissue damage after an illness. However, tissue damage or disease also involves the blood vessels within the tissue and this damage may reduce blood flow. So, just when more oxygen is needed, the supply is reduced, and recovery may be limited or even prevented. By increasing the concentration of oxygen in the blood more can be delivered to the damaged tissue to establish normal oxygen values and so allow recovery to take place.

## How does it work?

Oxygen is transported and dissolved in the blood in combination with haemoglobin in the red blood cells. Although haemoglobin carries most of the oxygen, only the dissolved oxygen passes into the tissues. Breathing high levels of oxygen under pressure dissolves more oxygen in all the body fluids so more can reach areas where the circulation is diminished or blocked therefore aiding recovery. The extra oxygen has additional benefits because it greatly enhances the ability of white blood cells to kill bacteria. It also reduces swelling and allows new blood vessels to grow more rapidly in the affected areas.

## What is the therapy like?

This is a simple, non-invasive, and painless therapy which most people find quite relaxing. You will have the oxygen therapy in a comfortable purpose-built Barochamber operated by trained volunteers. The treatment is in three parts:

- **Compression:** After the door is closed, there will be some noise as the pressure increases. It may get warmer, and you may experience fullness in your ears, like descending in an aeroplane. Before your first session, a member of the team will talk to you about how to avoid discomfort by clearing or equalising your ears. If you develop any discomfort inform the operator and the rate of compression can be reduced or halted.
- **Breathing oxygen:** Under our COVID - 19 procedures you will start breathing oxygen as soon as the chamber door is closed, and you will continue to breathe oxygen for 1 hour in total. 45 minutes of this will be at the required pressure, during this time you can read, use your phone/tablet or just rest. Just breathe normally during this time.
- **Decompression:** The operator will let you know when the session is complete. The chamber will then be depressurised which may require you to, once more, equalise your ears. You will continue to wear your mask until you have left the Centre.

**No bags, smoking materials, matches, or lighters are allowed into the Barochamber. Check with the operator if you want to take any item with you.**

**The chamber can be decompressed quickly and safely at any time during the session if necessary. When breathing high concentrations of oxygen, you cannot suffer decompression sickness.**

**Please note that oxygen can remain trapped in your clothing after a session inside the chamber, therefore we recommend that you do not smoke or stand near a heat source for an hour after your therapy.**

#### **A note on how to clear your ears:**

As the pressure increases in the chamber, you may need to make your ears "pop". There are several ways to do this; usually, the easiest way to clear the ears is to swallow. Some find blowing their nose whilst holding it with the mouth closed successful. Alternatively, you can try moving your lower jaw from side to side, then in and out. It can also be helpful to have small sips of water, you will need to bring your own, plastic bottle, filled with still water.

#### **Important information about oxygen therapy**

Under proper supervision, the risks of oxygen therapy are very minimal. The most common side effect is ear pain and users are monitored closely for this. Other side effects may include.

- **Otic Barotrauma (pain in the ears or sinuses):** Some people may experience pain in their ears or sinuses. If you are not able to equalize your ears or sinuses, the pressurisation will be slowed or halted, and suitable remedies will be advised. **Please note** - should you be suffering from a cold or other condition affecting your sinuses, you are advised for your comfort, to avoid coming for oxygen therapy until the condition has cleared up.
- This will also help to ensure that Centre members with compromised immune systems are not put at risk.
- **Serous Otitis:** Fluid in the ears sometimes accumulates because of breathing high concentrations of oxygen. It may occasionally feel like having a "pillow over the ear." This disappears soon after therapy ceases and can often be eased with decongestants.
- **Visual Changes: blurring, worsening of near-sightedness [myopia], temporary improvement in far-sightedness [presbyopia]:** After 20 or more oxygen sessions, especially for those over 40 years old, some people may experience a change in their vision. This is usually temporary, and, in most people, vision returns to its pre-therapy level about six weeks after the cessation of therapy. It is not advisable to get a new prescription for glasses or contact lenses until at least eight weeks after your final oxygen session.

- **Cataracts:** Individuals with cataracts have, very occasionally, had a maturing or ripening of the cataract(s).
- **Cerebral Air Embolism and Pneumothorax:** Whenever there is a rapid change in ambient pressure, there is the possibility of rupture of the lungs with the escape of air into the arteries or the chest cavity outside the lungs. This can only occur if the normal passage of air out of the lungs is blocked during decompression. The rate of decompression in our oxygen sessions is very slow to avoid this possibility. It is important that you breathe normally during treatment and do not hold your breath.
- **Fatigue:** Some people may subjectively feel fatigued following therapy, but this is not a consistent finding.

## Allergies

Some oxygen masks, hoods or the seals used at the Centre may contain latex or other allergic materials, if you have any allergies, please advise a member of the Oxygen team.

**By signing below, you agree that you are** self-referring and have been completely honest about your symptoms, you have read and understood the information on the potential side effects of oxygen therapy and agree to abide by any instructions given by the chamber operator before and during the session to ensure that treatment is safe and comfortable for yourself and other members.

**Sign:** \_\_\_\_\_ **Date:** \_\_\_\_\_

If signing on behalf of a person wishing to have therapy, please state your relationship to them and print your name below.

**Relationship name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Sign:** \_\_\_\_\_ **Date:** \_\_\_\_\_

I have interpreted the information above, to the best of my ability, and in a way which I believe has been understood.

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<b>NAME:</b> Mr/Mrs/Ms/Miss /Mx		<b>DOB:</b>	
<b>ADDRESS:</b>		<b>CONTACT No:</b>	
<b>POSTCODE:</b>		<b>NEXT OF KIN</b> (Name/Contact No).	
<b>CONDITION / INJURY / ILLNESS:</b> <b>Date of diagnosis:</b> <b>Main symptoms:</b> <b>Any other relevant information:</b>			
<b>MEDICAL HISTORY</b> (Do you have a history of any of the following conditions?)	<b>EPILEPSY</b>	YES / NO	<b>HEART CONDITIONS</b> YES / NO
	<b>DIABETES</b>	YES / NO	<b>POOR CIRCULATION</b> (Inc. DVT) YES / NO
<b>Have you ever been advised not to fly?</b>		YES / NO	<b>Have you had / have ear canal issues</b> YES / NO
<b>Other</b> (please specify)			
<b>MEDICATION &amp; DOSAGE</b>		<b>ALLERGIES</b>	
<p><b>CONSENT</b> - I give consent for any relevant therapy I may receive through the Bristol Therapy Centre Ltd.</p> <p>I confirm I wish to receive oxygen therapy at the Centre. The intended benefits and potential risks of the therapy I wish to receive have been discussed with me. I am aware that the therapy may not benefit all patients and that it is not possible to know in advance if I will benefit. I will however endeavour to observe any rules for therapy laid down for safety and efficacy and attend each session as agreed.</p> <p>To comply with the Centre's insurance, I further:  <b>"Confirm that I undertake the oxygen therapy entirely at my own risk, and I understand that neither I nor any member of my family, have a claim for any injury received while undergoing or for having undergone oxygen therapy at The Brightwell."</b></p> <p>I have provided information on any medication (prescribed and non-prescribed) that I take now, and I understand it is my responsibility to inform the oxygen therapy coordinator when any changes in medication occur so that my records can be updated accordingly.</p>			
<b>Signed:</b>			<b>Date:</b>

## Cancellation policy

### 1. Cancellation or 'No-Show' for therapies, clinics and appointments

We do understand that sometimes you might not be able to attend your appointment at The Brightwell. We know that emergencies, illness and un-foreseen events happen and that they can happen to anyone. However, each late cancellation and 'no-show' denies another member the opportunity to access the services of the Centre.

Sadly, these missed opportunities come at a cost to the Centre and as a charity the loss of revenue can cause further knock-on effects for our members.

To help us try and reduce the impact of missed appointments please follow the guidelines below;

- If you need to cancel an appointment please provide at least two working days' notice.
- To cancel, or rearrange, you should call the Centre on 01454 201 686 or email [hello@thebrightwell.org.uk](mailto:hello@thebrightwell.org.uk) during the hours of 9 am to 4:30 pm, Monday to Friday.
- Cancellations made using any other email address, or via any of our social media channels, will be treated as a 'no-show' as these communication methods are not monitored constantly.
- If an appointment is not cancelled, with at least two working days' notice we will, unfortunately, require the full suggested contribution of the therapy you missed.
- In the event of an actual emergency, when prior notice wasn't possible, we will consider the granting of an exception.

### 2. Late show policy

You can help us to continue providing the best support we can to each and every member by arriving at the Centre at least 15 minutes before your session/appointment is scheduled. If you are unable to make your appointment on time the following applies;

- If it is safe to do so please call and let us know, **do not call if you are driving.**
- Unfortunately, it will not be possible to delay an oxygen therapy session booked for inside the chamber. However we may be able to provide oxygen outside the chamber so do check when you call.
- We reserve the right to cancel future appointments and request a donation for missed sessions where members are continually or excessively late as this inevitably caused significant complications for our therapists.

### 3. Repeated Cancellations or 'No-Shows'

Where there is evidence of repeated, short notice cancellations and or 'no-shows' we reserve the right to cancel, change or refuse any bookings for therapies, sessions or clinics.

We appreciate that sometimes this is due to matters beyond your own control and, in those cases, we are more than happy to discuss the situation and how best to rectify it.

Please sign this form to show that you agree with and accept the cancellation terms:

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Name in BLOCK CAPITALS: \_\_\_\_\_

### Oxygen therapy timetable and costings

Available Monday to Friday at P2 (1.5 ATA), P3 (1.75 ATA), P4 (2 ATA)  
(Normal atmospheric pressure = 1 ATA - atmospheres absolute)

To view the current timetable for oxygen sessions please visit our website.  
[thebrightwell.org.uk](http://thebrightwell.org.uk)

<b>Yearly Registration to Bristol Therapy Centre Ltd.</b>	<b>£50</b>
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<b>Per session, payable on booking</b>	<b>£25</b>
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The complete protocols can be found on our website [thebrightwell.org.uk](http://thebrightwell.org.uk)

For further information contact:

Angela Ball - Oxygen Therapy Coordinator

[angela.ball@thebrightwell.org.uk](mailto:angela.ball@thebrightwell.org.uk)

Direct line: 01454 628 737

	Date	Staff Initials
Registration received.		
Payment received.		
Entered on computer.		



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