

脈搏血氧含量測試

脈搏血樣飽和度 是一種衡量血液中氧含量（氧飽和度）的一種測試。這是一種了解氧氣從心臟到達身體最遠末端，包括手臂以及大腿情況的，最簡單和無痛的測試方法。

| 氧飽和度水平 | 定義 | 醫療干預 |
|-----------------|----------|-----------------------------------|
| 正常健康的人士 | 95%-100% | 無需治療 |
| 患有慢性阻塞性肺疾病的一般人士 | 88%-92% | 持續觀察呼吸狀況 |
| 缺氧 | 85%-94% | 檢查可能存在的呼吸道疾病，例如慢性阻塞性肺病，並考慮進行氧氣治療。 |
| 嚴重缺氧 | 少於85% | 嚴重情況，需盡快進行氧氣治療 |

新冠肺炎和氧飽和度

低血氧水平的症狀包括疲倦和呼吸急促。但是，如果您患有新冠肺炎，您可能不會出現氧含量低的症狀。那些被診斷出患有新冠肺炎，但身體狀況仍無需入院的人，應該在家中**使用脈搏血氧儀**監測他們的動脈含氧量。如果他們出現低血氧的跡象，或血液中的氧含量過高的情況，就應該馬上就醫。

在家自我檢測

如果您手冰涼，或使用指甲油，或手上有人造美甲，脈搏血氧儀可能無法為您測量出任何結果。請先溫暖您的手，去除指甲油，或者嘗試在不塗指甲油的手指或腳趾上進行測試。



想了解我們的醫生集團，
請致電會員服務部：
(415) 590-7418

歡迎透過社交媒體，
關注美亞醫療集團
的最新消息、活動
及其他更多內容！



網站



YouTube



Facebook

脈搏血氧含量測試

美甲導致的錯誤讀數

血氧儀在甲床上測量含氧和脫氧血紅蛋白。兩者的波長是不一樣的，檢測是用一束光穿透它們來測量它們的氧含量。如果您在甲床上塗了指甲油或其他任何東西，這會妨礙脈搏血氧儀的光束穿透您的甲床，這就是我們無法獲得準確讀數的原因。

血氧儀應該如何擺放？

脈搏血氧儀的探頭或傳感器可放在手指、鼻子、耳朵、腳趾和前額上。但當脈搏血氧儀夾在手指上尤其是中指，而不是身體其他部位時，可以獲得最準確的讀數。



手持式血氧儀



耳夾式血氧儀



指夾式血氧儀



前額式血氧儀



想了解我們的醫生集團，
請致電會員服務部：
(415) 590-7418

歡迎透過社交媒體，
關注美亞醫療集團
的最新消息、活動
及其他更多內容！



網站



YouTube



Facebook

Pulse Oximetry

Pulse oximetry is a test that measures the amount of oxygen in the blood (oxygen saturation). It's a simple, painless way to see how well oxygen gets to the portions of your body furthest from your heart, including your arms and legs.

| SPO2 Level | Definition | Medical intervention |
|----------------------------|---------------|---|
| Normal in a healthy person | 95%-100% | No treatment needed |
| Normal people with COPD | 88%-92% | Continue to monitor for a respiratory condition |
| Hypoxic | 85%-94% | Check for potential respiratory illnesses such as COPD and consider oxygen therapy. |
| Severely hypoxic | Less than 85% | Severe condition, oxygen therapy needed ASAP |

COVID-19 and Oxygen Levels

Symptoms of a low blood oxygen level include weariness and shortness of breath. However, you may not experience symptoms of a low oxygen level if you have COVID-19. Those diagnosed with COVID-19 but are not unwell enough to require admission should have their arterial oxygenation monitored at home using pulse oximetry and seek medical attention if they show signs of hypoxemia (low oxygen level in blood).

Self-Testing at Home

If you have chilly hands or use nail polish or artificial nails, the device may not provide you with any results. Warm up your hand, take off the nail paint or try a different finger or toe without nail polish.



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook

Pulse Oximetry

Misreading with Painted Nails

In the nail bed, an oximeter measures oxygenated and deoxygenated hemoglobin. It has two wavelengths that aren't the same. It detects oxygen levels by passing a beam of light through it. If you've applied nail polish or anything else to your nail bed, it will prevent the pulse oximeter beam from going through to your nail bed. That is why we are unable to obtain accurate readings.

Where Can an Oximeter be Placed?

Probes or sensors for pulse oximeters are placed on the finger, nose, ear, toes, and forehead. The most precise readings are obtained with the pulse oximeter clamped to the finger (specifically the middle finger) rather than in other body regions.



Handheld Oximeter



Ear Clip Oximeter



Fingertip Oximeter



Forehead Oximeter



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook