## SpO2 Activity Log

| Name :   | Oxygen System :        |  |
|--|------------------------|--|
| Record your activity and oxygen saturation                               | Prescribed flow rate : |  |
| (SpO2), so you can discuss and share this information to your physician. | M. D. target SpO2 % :  |  |

| Date Time |      |          | Duration<br>(min/hr) | Borg Scale | SpO2 Reading | Pulse Rating | Oxygen Flow Rate   |             |       |
|-----------|------|----------|----------------------|------------|--------------|--------------|--------------------|-------------|-------|
|           | Time | Activity |                      |            |              |              | Continuous<br>Flow | OCD Setting | Notes |
|           |      |          |                      |            |              |              |                    |             |       |
|           |      |          |                      |            |              |              |                    |             |       |
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## Modified Borg Scale for Breathlessness

## Rating Severity 0 No breathlessness at all 0.5 Very, very slight (just noticeable) 1 Very slight 2 Slight breathlessness 3 Moderate Somewhat Severe 4 5 Severe breathlessness Very Severe 7 8 9 Very very severe (almost maximal)

Maximal

10

## Patient Instructions for Borg Scale

This is a scale that asks you to rate the difficulty of your breathing. It starts at number 0 where your breathing is causing you no difficulty at all and progresses through to number 10 where your breathing difficulty is maximal.

How much difficulty is your breathing causing you right now?"



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