

# Monthly Safety Notice

January 2020

National Baromedical Services, Inc.

## Patient Prohibited Items

### Background

Working in the hyperbaric medicine specialty demands a heightened sense of fire safety. Patient and chamber inspection competency shortcomings, or failure to stay on top of the latest technologies, constitutes a breach of your unit's safety program. The NBS "Prohibited Patient Items" form educates and reminds patients of potentially hazardous items that must not enter the chamber. A thorough review of this form must occur with every patient prior to beginning HBO therapy. Signs posted in dressing rooms will serve as helpful reminders and a pretreatment safety check prior to each treatment is mandatory.

### The Issue

As new technologies enter the market place that may pose a threat to hyperbaric safety, so we need to be able to identify and research them. In this way, all staff members will understand the safest way to manage them. For example, a patient may be wearing a metal ring that they cannot readily remove. In order to protect the chamber acrylic, we recommend gauze tape be wrapped around the ring.

We have recently identified battery-operated rings that look like ordinary wedding bands on the outside. However, these technologically advanced rings actually measure certain biostatistics of the ring bearer with sensors on its underside. It does so via a rechargeable lithium battery, so represents a prohibited item that must be included within the hyperbaric chamber "No Go" list.

One brand we came across is the **Oura** but there are several others.



### **Bottom Line**

Ensure you have downloaded and are using the most current NBS Patient Prohibited Items form and be sure to conduct a thorough pretreatment safety check prior to every single treatment. If you discover something new then please do not hesitate to pass that finding on to NBS so we can investigate and further educate others.

### **Attachments:**

Patient Prohibited Items form  
Oura Product Safety

## Hyperbaric Medicine Service Prohibited Patient Items

*During treatment the hyperbaric patient is allowed:  
1 gown, 2 sheets, 1 blanket, 1 pillowcase, 1 washcloth*

The following items are **PROHIBITED** inside the monoplace chamber:

- Any nicotine products; cigarettes, cigars, gum, patch, e-cigs (vapes)
- Matches, lighters
- Cell phones, tablets, laptops, I-pods, headsets
- Any personal clothing
- Any lotions, cosmetics, colognes, perfumes, lipstick, lip balm
- Dentures, removable dental appliances
- Hair sprays, hair oils, gels, mousse
- Food, gum, candy, mints, pills
- Freshly applied perms (within 8 hours)
- Wigs, hair extensions, hair glue
- Hair barrettes, hair bands, hair pins, scrunchy
- Implanted devices, pumps
- Any jewelry; watches, piercings, rings, (electronic Fitbit, Oura ring)
- Nail polish, artificial nails (placed within 8 hours)
- Newspapers, books, magazines, paper
- Warming devices, hand warmers, Thermacare products
- Any toys; dolls, cars, stuffed animals
- Transdermal medication patches
- Velcro
- Prosthetics
- Wound vacuum devices
- Hearing aides
- Any kind of battery powered devices; including rechargeable
- Cameras, flash photography
- Lasers, penlights
- **Any items deemed unsafe by HBO staff**

The Safety Director and Physician will make a determination on exceptions to this safety policy based on medical necessity and risk benefit ratio for the patient.

Please be aware this is a patient treatment area. Patient safety and privacy is our priority. Family members are not allowed in the treatment area.

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Patient Signature

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Date/Time



# Product Safety

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Learn how to safely and effectively use your Oura Ring.

## Use, Care, and Maintenance

- You can wear your Oura Ring 24/7
- It is waterproof up to 100m/328 ft.
- If your skin can take the heat (i.e. hot tub or sauna), then the ring can too!
- To prevent scratching/internal damage avoid wearing the ring when strength training, working with heavy tools, or carrying heavy objects made of metal, ceramic, or stone.
- Use a soft cloth or wash the ring with mild soap and water to clean. Always remember to dry off after washing your hands to prevent skin irritation. (If you experience skin irritation/redness on your finger remove the product immediately. If symptoms persist longer than 2-3 days, while not using your Oura product, please contact a dermatologist/medical professional).
- Keep the ring away from children.
- Do not leave the ring exposed to heat for extended periods (i.e. in a vehicle).

- Do not puncture the ring or its battery.
- Be careful handling batteries when wearing your ring. In some rare cases where both the cathode and the anode of a battery touch the ring, there is a risk of battery short circuit, similar to standard metallic rings.

### **Ring Stuck?**

In case the ring gets stuck on your finger:

- Use cold water and a small amount of soap, wet your finger, and slowly twist the ring to remove it.
- Hold your hand up above your heart until the blood pressure gets lower, and then try the removal.

In case of emergency, cut the ring with a ring cutter from the palm side of the finger - the ring's thinnest point. Do not cut the ridge of the Balance or the plain of Heritage. This prevents the battery from being cut. The lithium-ion polymer battery should not have electrolyte flowing, but, in case electrolyte comes in contact with your skin or eyes, flush it out with water and seek immediate medical attention.

### **Product Specs**

#### **External Materials:**

- Titanium with PVD coating in silver rings.
- Titanium with Diamond-like Carbon Coating (DLC) in other models.

#### **Internal Materials:**

- Non-allergenic, non-metallic, seamless inner molding
- Memory capacity: 6 weeks
- Battery: rechargeable 15mAh (US6) - 22mAh (US13) Lipo battery, non-replaceable
- Battery life: Up to 7 days, depending on sleep and activity levels. (Dispose of the ring

and battery in accordance with applicable local laws and regulations. Special handling may be required.)

- Operating temperature: -10 – 54C / 14 – 129F (you can wear the ring in non-infrared sauna/hot tub)

### **Other Specs**

- Charging: wireless charging with Oura charger

- Charging time: 20-80 minutes

- Charging temperature: 0 - 54C / 32 – 129F (room temperature recommended).

- Charger power cord/voltage: USB Type-C connector. USB nominal 5V. (Charger shall be supplied by a power source that shall meet with clause 2.5 of the standard for limited power supply. Charger complies with EN/IEC 60950-1 international safety standard for IT equipment.)

- Connectivity: Bluetooth Low Energy (Bluetooth Smart®)

- Ring firmware updates: automatic firmware updates via Oura app

- The Oura app: Available in the App and Google Play Stores

- Oura app compatibility: see [ouraring.com/compatibility](https://ouraring.com/compatibility)

- Privacy: data encryption, secure pairing of the ring and the app

### **Safety Information**

Oura services are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information and guidance provided by Oura services are intended for informational purposes only and cannot replace the services of health professionals or physicians. You should always consult a physician if you have any questions regarding medical conditions and/or any changes you intend to make to your sleep or activity based on the information or guidance in the Oura services. Do not disregard professional medical advice, or delay in seeking it because of information

received from Oura services.

Oura is not responsible for any health problems that may result from information or guidance you learn about through the Oura services. If you make any changes to your sleep or activity based on the Oura services, you agree that you do so fully at your own risk. If you feel any pain, fatigue, or discomfort as a result of changes in your sleep or activity, consult a physician before continuing with such changes.

Make sure that the ring, or any other Oura product, does not get caught on fixed structures or heavy objects to avoid injury.

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