

## Spirometry Factsheet – December 2023

The following factsheet has been designed to support you as you progress through your spirometry learning. This factsheet will be provided to you every month after each tutorial.

### **New to the programme?**

Please ensure that you have viewed the meet and greet video for those of you working through the Spirometry Online blended learning with ARTP and the Spirometry Refresher Programme with ARTP.

### **Support Available**

We have changed the way you can contact us to ensure your questions and queries are managed effectively. If you have a question or query, please can we ask that you access the following link and complete the form rather than emailing us. A member of the team will contact you. Alternatively, you can use the form if you would like a particular topic to be covered at the monthly tutorial.

[https://forms.office.com/Pages/ResponsePage.aspx?id=VsTAAthQqkWkgjh96Vc-WY9ZFgW\\_JFBDmuyqYm8\\_KopUMTBUNIIJMVVVRTZXSDY3R0JJCQ0xJUDZKVC4](https://forms.office.com/Pages/ResponsePage.aspx?id=VsTAAthQqkWkgjh96Vc-WY9ZFgW_JFBDmuyqYm8_KopUMTBUNIIJMVVVRTZXSDY3R0JJCQ0xJUDZKVC4)  
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### **Your monthly tutorial**

We are continually looking to review the way in which we deliver the course. We want to ensure that each monthly tutorial is catered to the learning needs of our learners. Therefore, we are changing the names of the tutorial so that you can be really clear around which tutorial you would like to attend. These will now be:

- **Performing**

These sessions are designed to provide you with an overview of how to perform spirometry. Here we will be discussing key components such as calibration and verification as well as providing some key hints and tips to support your patient getting ready to undertake spirometry.

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- **Performing and Reporting (interpreting)**

These sessions are designed for those learners who will be involved in performing spirometry and reporting (interpreting) on spirometry traces. We will cover a step-by-step process on how to report (interpret) a basic spirometry trace. You should attend this tutorial if you are confident on performing spirometry and are ready to report (interpret) a spirometry trace.

- **Reporting and getting ready to undertake your ARTP certification**

These sessions are designed for those learners who are nearing completion of their spirometry eLearning and are ready to apply for their ARTP certification (assessment). Within this tutorial we will be covering how to report (interpret) more complex traces and providing you with hints and tips to the ARTP certification process.

Please ensure that you have attended the performing and performing and reporting tutorials.

### **Occupational Health**

These sessions have been designed for those learners who are operating outside of primary and secondary care and are currently operating in the following area of practices Army, Ministry of Defence and occupational health settings.

### **Which tutorial to attend?**

These tutorials are rolling and therefore as you work through your programme, you can move from one tutorial to another so for instance you can attend the performing tutorial initially. Once you are confident with performing spirometry then you can attend the performing and reporting tutorial and so on.

There will be an opportunity to ask questions during the monthly tutorials; any questions that may come in advance and are not covered on the rolling programme, will be addressed on the day.

### **How to work through the Spirometry Online blended learning programme?**

The Spirometry online blended learning programme consists of eLearning units and monthly tutorials. We encourage you to work through the chapters in a linear format so that you gain a thorough understanding of the spirometry

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process. Depending on your role in spirometry you may wish to spend more or less time on some chapters versus others. Please check your welcome pack for further details. **Please note this does not apply to those of you on the Spirometry Refresher programme.**

### **I am completing the Spirometry Blended Online Programme with ARTP certification. Do we have to complete the eLearning before we access the ARTP certification?**

Education for Health's learning is independent of the ARTP assessment. We would recommend that you apply for your ARTP once you have completed all the eLearning chapters and have undertaken practical training in your area of practice.

### **Frequently Asked Questions (FAQs):**

The Association for Respiratory Technology and Physiology (ARTP) have put together a number of FAQs: <https://www.artp.org.uk/Spirometry-FAQs>

### **Spirometers**

If you have any questions around spirometers, we encourage you to contact the manufacturers in the first instance. Education for Health does not endorse any particular spirometer for use in the clinical situation. For advice re: suitability of spirometers, please refer to the manufacture's website for detail of the variety and performance of their products.

### **Questions from December 2023 on-line Tutorial**

#### **Q 1. please can we discuss DLCO and how to interpret please?**

The on-line webinars are for spirometry. This measurement is not a part of the on-line tutorials or the ARTP Spirometry OSCE.

#### **Q 2. I'm having trouble doing enough tests that meet all the criteria. Are we allowed to submit reversibility tests as 2 tests?**

Yes, technically acceptable traces can include reversibility tests.

#### **Q 3. When doing the biological controls, do the PEF have to be within 40mls across all 10 tracings? Or just the same day of testing? And what period do**

**the biological controls have to performed over? I work part time and unable to do these on consecutive days .**

The ARTP Statement on Pulmonary Function Testing 2020 states: The highest reading of at least three acceptable blows should be recorded. These should be within 40 L/min of each other.

**Q 4. In the top ten tips, guide to quality assured spirometry, in one example it doesn't use the highest FEV1 from all blows but uses the same blow as highest FVC. Please confirm that we should be using the highest FEV1 from all blows , not the same blow as the highest FVC.**

This is a good illustration of the QADS Tip 8. Limitations of machine interpretation. It is the best blow which may come from a different blow to the FVC

**Q 5. is there a video which shows an 'OSCE-ready' how to do spiro to make clear what needs to be done? A link would be helpful- thanks.**

<https://www.youtube.com/watch?v=i0F2Fsrl634>

**Q 6. During reversibility testing are disposable spacers ok to use and do you need to do tidal breaths with them or 1 single breath per each puff of SABA?**

Please contact your physiology department for their standard operating procedure (SOP). There is evidence for the effectiveness of tidal breathing versus breath holding and the importance of which technique is the most appropriate for the patient.

**Q 7. Can you remind me on the maximum number of attempted breaths per spiro session please? I was trying to double check it earlier and couldn't find the document.**

The ARTP Statement on Pulmonary Function Testing 2020 states: If the repeatability criteria are not achieved, then the manoeuvre can be repeated up to eight times, after which the probability of getting a better result is greatly reduced.

**Q 8. will we all be asked to perform reversibility during the OSCE? as this is not something we do?**

No, you will not be asked to perform a reversibility test during your OSCE. Please see the above video which shows you the OSCE process.

**Q 9. If we fail the patient tracings or biological controls, do we have to repeat the entire 10 tracings or just re-submit the ones that are not correct?**

You only need to repeat the patient tracing that did not achieve the quality standards. In the workplace, Quality Control is important. obtain 10 measurements over 10 sessions on consecutive working days.

**Q 10. For post bronchodilator spirometry for suspected COPD, do we withhold inhalers and then give 4 puffs SABA, or continue with current inhalers & also give SABA? Thank you.**

It is important that patients have adequate bronchodilator therapy. Technically an argument is that with a LABA or LAMA they have been bronchodilated, however, it is recognised that some patients with COPD still have a reversible element to their COPD, though do not reverse to normal. By providing the 4 puffs of SABA you have ensured that any daily fluctuations have been managed. A discussion with your local pulmonary function lab to enquire re: their Standard Operating Procedure would be helpful.