

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_KopUMTBUNIJMVVVRTZXSDY3R0JCQ0xJUDZKVC4

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.

- **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 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 23.01.25 on-line Tutorial

1. A request for a copy of the references used in the presentation. They appear below:

- A Guide to Performing Quality Assured Diagnostic Spirometry
https://www.brit-thoracic.org.uk/media/70454/spirometry_e-guide_2013.pdf
- Severity grading based upon z-score thresholds
<https://www.artp.org.uk/resources/spirometry-standards>
- *Determination of a bronchodilator response : 10% increase.*
Diagnose asthma if the FEV1 increase is 12% or more and 200 ml or more from the pre-bronchodilator measurement (or if the FEV1 increase is 10% or

more of the predicted normal FEV1). [BTS/NICE/SIGN 2024] *Stanojevic S, Kaminsky DA, Miller MR, et al. ERS/ATS technical standard on interpretive strategies for routine lung function tests. Eur Respir J 2022; 60: 2101499 [DOI: 10.1183/13993003.01499-2021].*

- Portfolio, OSCE and MCQ requirements including FAQ:
<https://www.artp.org.uk/spirometry-certification>
- Resources such as physiological control templates: All candidates who have enrolled on to the ARTP Spirometry Certificate, must now log into the spirometry portal for access to all their resources.

2. Z scores and performing calibration

Both these topics are covered in the on-line tutorial. Once you have more confidence with performing and reporting, you can move on to the more advanced tutorial which explains the z-score. Please log on from your EfH account as usual.

3. Any tips for managing older patients who are really struggling with the effort?

This question is relevant to all of us. Performing spirometry can take a lot of effort for patients from any age group. Remember the relative and absolute contraindications.

- A clear explanation of the procedure.
- A clear demonstration of performing spirometry.
- The use of chunk and check can help, avoiding assumptions that the patient has understood the instructions.
- Plenty of rest time between manoeuvres
- A glass of water can help.
- Ensure the patient has been prepared as per ARTP recommendations; tight clothing can be a hindrance. Ensure loose clothing is worn.
- Plenty of coaching and patience.