Spirometry Factsheet – April 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 are changing 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_KopUMTBUNIlJMVVVRTZXSDY3R0JCQ0xJUDZKVC4u

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 I 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 **These were updated by the ARTP in February 2023 so please do access them.**

Spirometers

If you have any questions around spirometer, we encourage you to contact the manufacturers in the first instance.

Questions from April on-line Tutorial

Q. Please clarify what guidance we follow for bronchodilator reversibility. On the ARTP website FAQ's it states: BTS- more than 15% change and 200mls, ARTP- FEV1 >160mls or VC >330mls, GOLD- FEV1 >200mls and 12%. Please could you advise.

BTS/SIGN (2019) state: In adults with obstructive spirometry, an improvement in

FEV1 of 12% or more in response to either β2 agonists or corticosteroid treatment

trials, together with an increase in volume of 200 ml or more, is regarded as a positive test although some people with COPD can have significant reversibility.

An improvement of greater than 400 ml in FEV1 strongly suggests underlying asthma. In children, an improvement in FEV1 of 12% or more is regarded as a positive test.

GOLD (2023) confirm reversibility is no longer recommended to inform therapeutic decisions.

ATS/ERS (2019) "bronchodilator responsiveness testing" is used in these standards to avoid the unwarranted inference that "reversibility" implies the complete elimination of airway obstruction