

Spirometry Factsheet – March 2024

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_KopUMTBUNIIJMVVVRTZXSDY3R0JCQ0xJUDZKVC4u

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.

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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 March 2024 on-line Tutorial

Q 1. Do you know how long it takes to hear back from ARTP?

Please contact the ARTP for more information. It will depend on the reason for contacting the ARTP.

Q 2. if someone has reduced ratio pre BD but then reversibility shows normal ratio, are they COPD or asthmatic? And when documenting, do you use pre or post BD scores?

A ratio which returns to normal is not consistent with COPD. COPD requires an obstructive pattern. When documenting the findings, it is helpful for as much information as possible for the clinician reporting the findings to interpret.

Q3. Which reversibility criteria should we use?

BTS/SIGN (2019) "In adults with obstructive spirometry, an improvement in FEV1 of 12% or more in response to either β 2 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."

Q4. So how do we decide whether to give Salbutamol before or after baseline spirometry?

This will depend on the outcome of the structured clinical history. If performing reversibility, baseline spirometry followed by bronchodilator as per guidelines (BTS/SIGN 2019) and local protocols. If considering COPD , post bronchodilator as per GOLD (2024).

Q5. How do you report normal ratio with reduced FEV1 result?

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The reporting of the results refers to the actual findings from the test. Interpreting the findings will depend on the clinical picture and the quality of the spirometry.

Q6. with the SOP how does it work with plagiarism?

ARTP: “You are required to provide your local spirometry protocol, if you are struggling to meet the expected standard or do not currently have a protocol in place, there is a protocol available for download which can be adopted into your own current practice”.

<https://www.artp.org.uk/spirometry-faqs>

Q7. How many tests do we have to do for the OSCE?

For the virtual OSCE the assessor will perform a maximum of 3 relaxed and 3 forced blows.

Q8. is there a limit on resubmissions?

ARTP: “If you fail the OSCE examination on the 1st try, you are permitted 1 further attempt. You will be provided with structured feedback and will be offered a further attempt to achieve a pass, however you may wish to seek further training prior to re-attempting.

Please note that 3rd and further attempts are chargeable at £50 per attempt”. <https://www.artp.org.uk/spirometry-osce-bookings>