

Welcome to your course



SUPPORTING
HEALTH
IMPROVEMENT



We are delighted to welcome you to your Spirometry Online Interactive Blended Learning Programme.

At Education for Health (EfH), our aim is to improve the lives of those with long term conditions. We believe one way to achieve this is by providing further education and training to healthcare professionals, ensuring you have the most up-to-date knowledge and knowhow, enabling you to offer the very best care for patients.

Our Interactive Online Blended Learning is designed to suit the learning needs of busy healthcare professionals. As part of this approach, you'll have access to monthly live tutorials and an easy-to-use online learning platform to access your learning materials, providing you with the flexibility to learn at a pace that is suitable for you in your own environment.

The following pack has been designed to support you and will provide an overview of the course and how to navigate through the content and the eLearning platform.

We hope you find this course useful – both in helping you progress professionally and in aiding you to further support your patients. I also hope we're able to challenge you, encourage your curiosity and enable you to become even more confident and capable than before.

We wish you all the best with your studies; and remember, we're here to support you throughout your learning, so do get in touch if you have a query or need extra support at any point.

Best wishes,

Team at Education for Health (EfH)

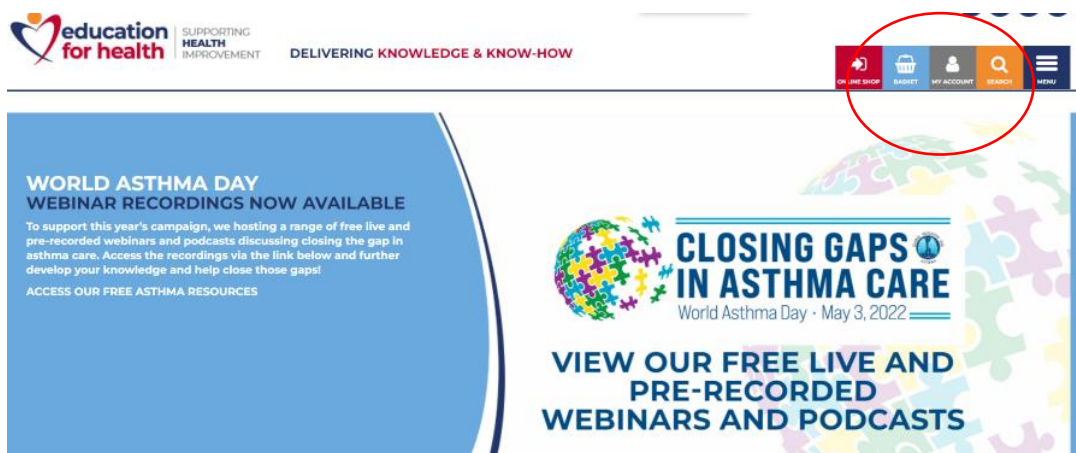
Your course

Your course has been designed to enable you to learn at a pace and style that is suitable for you; it is an interactive course which combines tutorials, podcasts and eLearning in several distinct chapters. The course is specifically designed to give you the knowledge and 'know how' to demonstrate competence in spirometry; enabling you to assess your patients with both confidence and competence. Following the completion of the course you will be able to:

- Obtain and interpret accurate lung function tests
- Recognise normal and abnormal patterns and how they relate to diagnosis
- Understand the relationship between pathophysiology and measurements
- Define and explain common terms in measuring lung function
- Identify the essential pre-test requirements and correct patient testing
- Understand the need for correct methods of regular cleaning/maintenance

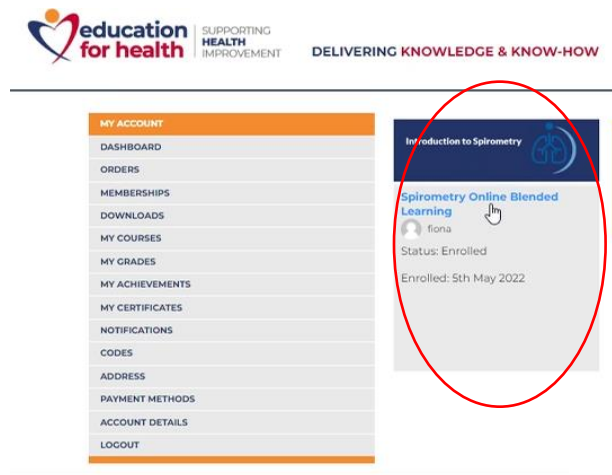
Accessing your eLearning

In order to access your eLearning, click on my account and enter your log in details.



The image shows a screenshot of the Education for Health website. At the top left is the logo for Education for Health, with the tagline "SUPPORTING HEALTH IMPROVEMENT" and "DELIVERING KNOWLEDGE & KNOW-HOW". On the right side of the top navigation bar, there are several icons: "ON THE SHOP", "BASKET", "MY ACCOUNT", "SEARCH", and "MENU". The "MY ACCOUNT" icon is circled in red. Below the navigation bar is a large banner for World Asthma Day. The banner features a globe made of colorful puzzle pieces and the text: "WORLD ASTHMA DAY WEBINAR RECORDINGS NOW AVAILABLE", "To support this year's campaign, we hosting a range of free live and pre-recorded webinars and podcasts discussing closing the gap in asthma care. Access the recordings via the link below and further develop your knowledge and help close those gaps!", "ACCESS OUR FREE ASTHMA RESOURCES", "CLOSING GAPS IN ASTHMA CARE", "World Asthma Day - May 3, 2022", and "VIEW OUR FREE LIVE AND PRE-RECORDED WEBINARS AND PODCASTS".

Once logged in, please click on my courses located on the left-hand side of the screen. Your spirometry online blended learning programme will appear. You can then click on the programme and begin your learning.



As a first step, take some time to look through the navigating your learning journey as this will help you to work your way through the programme.

Your learning journey

The spirometry interactive online blended learning programme comprises of an

- eLearning programme which consists of 10 chapters which you can access for period of six months
- Monthly Q&A Spirometry Tutorial with a clinical expert

Remember the date you purchased the course is your enrolment date.

Let's look at these elements in more detail.

eLearning

The eLearning programme is divided into several distinct chapters which cover the following topics:

- Pathophysiology of lung disease
- Flow and volume measuring spirometer devices
- Cleaning and equipment maintenance
- How to perform spirometry
- Interpretation of values obtained (Reporting)
- Trouble shooting and pitfalls
- How to deliver spirometry in a pandemic

Each chapter comprises of a number of tutorials and podcasts to support your knowledge around spirometry. We would encourage you to work in a linear order and complete all the chapters, even if your role in spirometry maybe limited to one area of the process. For example, if you are only involved in reporting, then we would still encourage you to look at the chapters associated with performing so that you can identify any inaccuracies in the technique of the blow which will result in the production of an inaccurate trace.

Monthly Q&A Tutorials

The monthly Q&A tutorials have been designed to answer any questions and queries you may have as your progress through the course of your learning. The tutorials have been spilt into different levels depending on your learning needs. For instance, if you are new to spirometry then we would encourage you to attend the Newcomer and Healthcare Assistant tutorial. However, as you progress through your learning and gather more experience you may wish to opt for the beginner to intermediate session the following month. Remember, you can only opt for one tutorial per month.

Please note we will be unable to issue you the recording from the tutorial however you will receive a factsheet covering all the questions no later than the 20th of each month. Please ensure you have provided us with the correct email address.

Which Tutorial?

To ensure we cater for your learning needs we have introduced several tutorials to support you on your learning journey. Details of what is covered on each tutorial is stipulated below:

- **Newcomer and Healthcare Assistant**

These sessions are designed to provide you with an overview of your learning journey and how you can use these monthly tutorials to support you. We will also be discussing performing spirometry in greater depth.

If you are new to the programme, then we suggest that you attend this tutorial first.

- **Beginner – Intermediate**

These sessions are designed to cover elements of performing and reporting (interpreting) traces. Here we will look at what the different spirometry parameters mean and what steps you need to undertake to interpret a trace.

- **Intermediate to Advanced**

These sessions build on the beginner to intermediate sessions and are to support learners interpret complex traces.

- **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.

Remember, these tutorials are rolling and therefore as you work through your programme, you can move from one level to another.

To book onto these tutorials please click on the pre-register for the live session button highlighted below:

Course information

Spirometry guidelines	1 of 4	Pre-register for live session	2 of 4
Register with ARTP	3 of 4	Contact us	4 of 4

Remember, this tutorial is an opportunity for you to ask any questions you may have and get the support you require as you progress through your learning. You can either ask your question at the tutorial or if you would like to discuss a particular part of the spirometry process such as reporting, you can send your requests through by clicking on the contact us button or by completing the form below:

https://forms.office.com/Pages/ResponsePage.aspx?id=VsTAAthQqkWkgjh96Vc-WY9ZFgW_JFBDmuyqYm8_KopUMTBUNIIJMVVVRTZXSDY3R0JCQ0xJUDZKVC4
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Additional Resources to support your learning

There are also a number of additional resources and further reading which you can use to support your learning. These can be found under

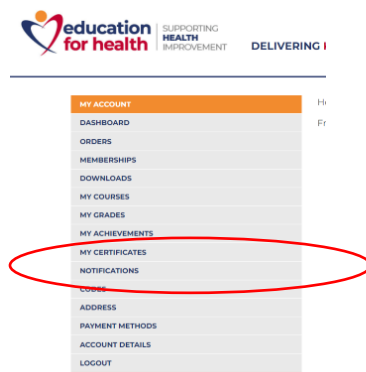
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We have also highlighted some further reading below to support you:

- An update on contraindications for lung function testing:
<https://thorax.bmj.com/content/66/8/714>
- The Primary Care Society: www.pcrs-uk.org/resoruce/spirometry

Efh Certificate

Once you have completed your e-Learning programme you will be able to download a certificate to demonstrate that you have completed your Efh spirometry programme. Please note: This is **NOT** a substitution for your ARTP certification.



Frequently Asked Questions (FAQ)s

Q. As Spirometry in primary care is recommencing – how do we do it?

The ARTP has issued a joint document on risk minimisation in spirometry re-start. The document provides areas which need to be looked at to support the restoration of spirometry in primary care. This includes, looking at risk minimisation for the transmission of COVID-19 including the time between seeing patients and also details around the minimum number of air exchanges. This document can be found under the spirometry guidelines button.

Q. I am struggling with reporting (interpretation)

We will be looking at sample of traces throughout these tutorials. If you have any traces which you would like to discuss, please send these in to the are:

learner.support@educationforhealth.org

Q. Have you any recommendation of a Spirometer to purchase?

ARTP 2020 guidance has spirometry specifications to meet. The choice of spirometer will be depended on whether it is hospital / home setting.

Q. What do I do if I need an extension for my EfH learning programme?

If you need an extension on your learning course, then please email learner support with the reason why you need an extension. This will then be taken to the Academic Review Panel and a decision will be communicated to you. Please note you have six months from the date you had access to the programme. All learners who started before June 2021 were granted a further extension due to the 2nd lockdown of COVID-19.