

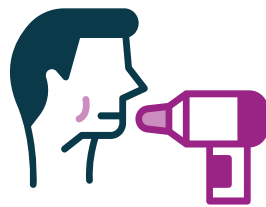
5

facts about lung function



1

Electronic desktop spirometers should be used in primary care



Spirometry to assess lung function can be used to:

- diagnose chronic obstructive pulmonary disease (COPD) and asthma
- measure the presence and severity of restrictive lung conditions
- conduct pre-employment and workforce screening in hazardous occupational environments
- assess fitness for surgery.

3

Spirometry infection control measures reduce the risk of disease transmission

Strategies to prevent cross contamination and disease transmission include:

- delaying testing in people with a known or suspected respiratory infection
- use of inline viral/bacterial filters in spirometer
- wearing personal protective equipment
- performing spirometry in a well-ventilated single room
- handwashing and cleaning/disinfecting equipment and surfaces
- encouraging patients to bring their own inhaler and spacer for use during testing.



5

Questionnaires help identify who would benefit from spirometry in primary care

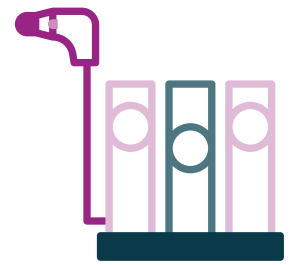


The COPD Diagnostic Questionnaire (CDQ) is a simple, low-cost tool for screening patients that:

- can be used to identify at-risk adults over 40 with a history of smoking but no previous respiratory diagnosis
- is highly sensitive but can result in a high level of false positives
- can be used to determine which patients might benefit from further spirometry while reducing the need for unnecessary testing on all patients.

2

When interpreting spirometry results, the lower limit of normal should be used



Predicted lung function values based on a person's age, sex, height and ethnicity should be used to determine a person's normal range to avoid over/underdiagnosis as:

- older adults may have a lower normal range due to age-related changes to the lungs, thoracic cage and respiratory muscles
- people from Asian and Afro-Caribbean origin tend to have lower lung function values than their age and height-matched peers.

4

Physiotherapists play a role in COPD diagnosis in primary care



Physiotherapists can play a role in screening at-risk populations for COPD in primary care settings because they are able to:

- effectively conduct spirometry and accurately interpret results
- help GPs and practice nurses to manage patients
- facilitate early intervention for people with COPD including referrals for pulmonary rehabilitation.

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