



Gold Coast Lung Function Laboratory

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lungspot

Spirometry Review

We recently presented a brief review of spirometry to a group of nurses at a workshop evening. From this evening a number questions were asked about Spirometry. This article will discuss these queries on spirometry.

November 2009 – Issue 3

The number one question from the evening was do you perform spirometry sitting or standing. The test must be performed sitting, with correct posture, legs uncrossed. This is because different values may be obtained from each of the positions. In order to monitor the natural process of a disease a consistent testing procedure must be followed.

Another question brought up was how do you measure the height of a patient who is unable to stand. You can measure their arm span from middle finger tip to the other with the patients arms spread out horizontally.

It is often asked how long you must wait after giving the patient Ventolin before perform post bronchodilator tests. This reliever reaches its peak performance after 20 minutes. Therefore if a patient is being tested to query asthma, then you should wait the full 20 minutes before you perform a post bronchodilator test. However, 10 minutes is sufficient enough time to wait for any other reason.

How many tests is enough? By the ATS standards you need at least 3 technically acceptable tests with the FVC of the highest two test varying less than 150ml.



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