

LANGUAGE (SCRIPT) TO ADMINISTER A SPIROMETRY TEST

"Hi, my name is _____. So, you are here for your lung function test. Have patient sanitize their hands. (Before we get started, I need to ask you a few questions to see if we can continue.)" (ask pre-screen questions and write proper notes to positive responses) Postpone testing if necessary.

Explanation for the FVC:

"Let me briefly explain what I will be asking you to do. You will need to take the deepest, deepest, breath that you can possibly take, put the mouthpiece in your mouth, and then BLAST the air out hard and fast, and keep going until I tell you to stop."

Explanation for the FVL – Flow Volume Loop:

"Let me briefly explain what I will be asking you to do. With a nose clip on, you will insert the mouthpiece on top of your tongue and seal your lips tightly around it. You will take 3 normal breaths, then take the deepest, deepest breath that you possibly can, and BLAST out the air hard and fast. When I tell you to, you will then take in a full inspiration".

"But first, let me explain to you how to use the mouthpiece. Lay the tube on your tongue, like a tongue depressor, and wrap your lips tightly around it."

- Demonstrate Mouthpiece Placement: "It looks like this". Demonstrate using your hand as a tongue.

"Now, can you show me"? Have subject demonstrate mouthpiece placement. (Have patient put their mask back on)

- Now here is what the entire maneuver will look like: "I'm going to ask you to hold your mouthpiece steady by your cheek, then take your mask down and put a nose clip on. Then you are going to take the DEEPEST, DEEPEST breath you can possibly take, put the mouthpiece in your mouth, and then BLAST the air out hard and fast and keep going and going until I tell you to stop."

Enter demographics into the spirometer at this point. (during this time, have patient assemble their mouthpiece)

Now get the subject ready for the test. (either in the sitting or standing position depending on your written SOP)

"We will be in the sitting position. Sit up straight, shoulders back, and chin slightly elevated. Please hold the spirometer off to the side of your cheek and hold it steady". (have patients block the end of the filter for the zeroing of the spirometer)

If you will be standing:

"We will be in the standing position. Stand up straight, shoulders back, and chin slightly elevated. There will be a chair behind you if you feel the need to sit down".

"Are you ready? Mask down, Nose clip on, Let's go! DEEP, DEEP, tube in, BLAST!! Keep going, keep going, keep going.... squeeze.... and stop". (Have patient take their nose clip off and put their mask back on)

For the FVL: - with the nose clip on and tube on top of their tongue:

"Take in a deep deep breath, and BLAST it out! Keep going...keep going... (operator looks for the 1 second plateau to be met), now BIG INHALATION.