



Taddle Creek

MEDICAL DIRECTIVE

Family Health Team

Title:	<u>Spirometry Testing</u>	Number:	TCFHT-MD11
Activation Date:	<u>10-06-2014</u>	Review Date:	<u>January 30, 2020</u>
Next Review	Jan 30, 2021		

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Order and/or Delegated Procedure:

Appendix Attached: No Yes

Title:

For patients referred by a physician or nurse practitioner for spirometry/bronchodilator responsiveness testing, the authorized implementer may perform the following:

- Perform spirometry testing (pre- and post-bronchodilator)
- If reversibility testing is required, administer a specified dose of bronchodilator (salbutamol or ipratropium) via inhalation with disposable spacer device (dose as per American Thoracic Society/European Respiratory Society [ATS/ERS] Standards for Spirometry¹)

Recipient Patients:

Appendix Attached: No Yes

Title: Appendix A – Authorizer Approval Form

Recipient patients must:

- Be active patients of a TCFHT primary care provider who has approved this directive by signing the Authorizer Approval Form
- Age of 6 and over
- Have a suspected or confirmed diagnosis of asthma or COPD
- Meet the conditions identified in this directive

Authorized Implementers:Appendix Attached: No Yes

Title: Appendix B – Implementer Approval Form

Implementers must:

- Be TCFHT employed Regulated Health Care Providers or Physician Assistant (under the supervision of a physician).
- Have basic life-support training²
- Successfully complete a recognized spirometry training course. Preferred training is SpiroTrec (which includes 16 hours of pre-workshop learning, an 8 hour workshop and subsequent quality assurance review of 5-10 tests/month for 3 months) offered by the Ontario Lung Association². Accessible from: <http://www.resptrec.org>
- Sign the Implementer Approval form

Indications:Appendix Attached: No Yes

Title: Appendix C - Reasons for relative contraindications

The authorized implementers may apply this directive pursuant to a physician or nurse practitioner's order.

Absolute Contraindications:

- Patient/POA refusal

Relative Contraindications to Spirometry⁵:

- Cerebral aneurysm
- Recent brain surgery
- Recent concussion
- Significant glaucoma
- Recent eye surgery
- Recent sinus surgery or middle ear surgery or infection
- Acute disorders affecting performance (nausea, vomiting, dizziness)
- Pneumothorax
- Uncontrolled pulmonary hypertension
- Hemoptysis, active TB, or hepatitis B (infection control procedures must be taken)
- Recent abdominal or thoracic surgery
- Recent MI, unstable angina or pulmonary embolism
- Non-compensated heart failure
- Significant atrial/ventricular arrhythmias
- Systemic hypotension or severe hypertension (>200/120mmHg)
- Significant aortic aneurysms
- Late term pregnancy or pregnancy with an incompetent cervix
- History of syncope related to forced exhalation/cough
- Physical conditions predisposing to transmission of infections, such as hemoptysis, significant secretions, or oral lesions or oral bleeding
- The following conditions may result in suboptimal or inaccurate lung function results: age <6yrs, chest or abdominal pain of any cause, oral or facial pain exacerbated by a mouthpiece, stress incontinence, dementia, or confused state.

Contraindications to salbutamol: hypersensitivity to salbutamol

Contraindications to ipratropium: hypersensitivity to ipratropium, atropine, bromide, soya lecithin or peanuts

Consent:

Appendix Attached: No Yes
Title:

Consent is implied upon referral from physician/NP for spirometry testing. The authorized implementer will call the patient prior to appointment to introduce the test, explain which medications/activities to withhold prior to procedure and will further obtain verbal consent from the patient or POA.

Guidelines for Implementing the Order/Procedure:

Appendix Attached: No Yes
Title: Appendix E – Procedure for Spirometry Testing

The implementer shall be able to perform spirometry and reversibility testing, through the administration of a short-acting bronchodilator, as well as advising patients on which inhaled medication to withhold prior to spirometry testing.

- The decision to avoid bronchodilators before testing depends on the reason for the test. If post-bronchodilator testing is to be performed to diagnose an underlying lung condition, the patient may/should withhold the following medications prior to spirometry testing (note: the patient must be told they may use their rescue inhaler for symptoms if needed)^{3,5}.

Medication	Withholding Time Prior to Spirometry
Short-acting beta2 agonists (SABA) e.g. salbutamol, terbutaline	4-6 hours
Short-acting anticholinergic (SAAC) e.g. ipratropium	12 hours
Long-acting Beta2 agonist (LABA) e.g. salmeterol, formoterol, budesonide and formoterol (Symbicort)	24 hours
indacaterol, vilanterol, olodanterol,	36 hours
Long-acting anticholinergic/muscarinic antagonist (LAAC/LAMA) e.g. Glycopyrronium, tiotropium, aclidinium, umeclidinium	36-48 hours
Corticosteroids (ICS and oral) e.g. fluticasone, budesonide, ciclesonide, beclomethasone, mometasone, prednisone	Do not withhold
Leukotriene receptor antagonists e.g. Montelukast (Singulair), Zafirlukast (Accolate)	24 hours
Phosphodiesterase enzyme inhibitor e.g. Theophylline (Theo-Dur)	24-48 hours
Antihistamines	Do not withhold

- If the test is to determine the response to a medication, then the medications should not be withheld (with the exception of SABA's and SAAC's, as these will be delivered as part of the test to assess for reversibility)³.

Pt should avoid the following activities before spirometry/ bronchodilator responsiveness testing

- Eating a large meal within 2 hours of test
- Smoking and/or vaping and/or water pipe use within 1 h before testing (to avoid acute bronchoconstriction due to smoke inhalation)
- Consuming intoxicants within 8 h before testing (to avoid problems in coordination, comprehension, and physical ability)
- Performing vigorous exercise within 1 h before testing (to avoid potential exercise-induced bronchoconstriction)
- Wearing clothing that substantially restricts full chest and abdominal expansion (to avoid external restrictions on lung function)

** Patients should avoid the activities listed in before testing, and these requirements should be given to the patient at the time of making the appointment. On arrival, all of these points must be checked, and any deviations from them must be recorded.

Method for performing reversibility spirometry testing¹:

Note: a current height and weight need to be recorded for each spirometry visit

- 1) The patient performs three acceptable and two repeatable maneuvers, as per ATS/ERS Standards for spirometry (not to exceed 8 attempts)¹
- 2) One of the following bronchodilators is administered via MDI inhalation using a disposable spacer device⁴:

Medication	ATS/ERS Dose Recommendation	Wait Time
Salbutamol	4 inhalations* of 100 mcg (Children <12yoa: 2 inhalations*)	15 min
Terbutaline	2 inhalations* of 500 mcg	15 min
Ipratropium	8 inhalations* of 20 mcg	30 min

*A smaller dose may be used if the patient is at risk of or has had an uncomfortable reaction to these medications (e.g., shakiness, trembling, or heart palpitations)

Note: beta blockers interfere with efficacy of salbutamol. If a patient is on a beta blocker and is referred for spirometry, please notify PCP to reassess need for beta blocker prior to spirometry testing.

- 3) After appropriate wait time, the post-bronchodilator test begins. A minimum of three acceptable and two repeatable maneuvers must be obtained before analysis of findings.

\Documentation and Communication:

Appendix Attached: No Yes
Title:

The implementer will document spirometry results directly into the progress notes of the patient's EMR using appropriate Respiratory Program Custom Form. The primary care provider will be alerted, so that appropriate follow up can be conducted. A PDF copy of the spirometry report should also be entered into the progress notes as an attachment to the Respiratory Program Custom Form note. Implementers should use Respiratory Program Custom Forms: "Diagnosis Confirmation", "Asthma Control" or "COPD Control".

The final report must include (at minimum)³:

- Date and time of the test
- Patient details: age, gender, race, height and weight
- Flow-volume graph and volume-time graph
- Implementer's name
- Implementer's comments on the quality of the test, which may aid interpretation.

Review and Quality Monitoring Guidelines:

Appendix Attached: No Yes
Title:

- Routine renewal will occur **annually** on the anniversary of the activation date. Renewal will involve a collaboration between the authorizing primary care providers and the authorized implementers.
- At any such time that issues related to the use of this directive are identified, TCFHT must act upon the concerns and immediately undertake a review of the directive by the authorizing primary care providers and the authorized implementers.
- This medical directive can be placed on hold if routine review processes are not completed, or if indicated for an ad hoc review. During the hold, implementers cannot perform the procedures under authority of the directive and must obtain direct, patient-specific orders for the procedure until it is renewed.
- This medical directive should be reviewed with each update of the ATS/ERS or CTS Standards for Spirometry.
- Quality control checks are to be regularly performed⁴.
 - 1) Spirometer must, at minimum, be calibrated on the days that the spirometer will be in use. This is done using a 3L syringe, injected into the spirometer at differing speeds. This will be recorded on the program and documented on **the maintenance log.**
 - 2) **Monthly biological control testing on one staff member with normal lung function. The results should be essentially the same each time, and documented on the maintenance log.**

Note: Any deviation in the accuracy checks should be followed up with a calibration of the spirometer, and then performed again. Further deviation indicates there is a fault in the equipment, and should be followed up with the manufacturer.

References:

1. Miller MR, et al. Series "ATS/ERS Task Force: Standardisation of Lung Function Testing" – Standardisation of spirometry (Number 2 in the Series). *Eur Respir J*, 2005; 25: 319-338.
2. Coates AL, et al. Spirometry in primary care. *Can Respir J*, 2013; 20(1): 13-21.
3. The Lung Association (2013). The Spirometry Training and Educator Course
4. The Lung Association of Ontario (2013, Dec). Primary Care Asthma Program: Spirometry Manual.

5. **Standardization of Spirometry 2019 Update.** American Journal of Respiratory and Critical Care Medicine
Volume 200 Number 8 | October 15 2019

Appendix C:

Reasons for Relative Contraindications⁴

Relative Contraindications	Comments
<ul style="list-style-type: none"> • Cerebral aneurysm • Recent brain surgery • Recent concussion • Recent eye surgery • Significant glaucoma 	Spirometry may lead to increased intraocular pressure in most patients and a 3-4 week recovery post-surgery is recommended before testing
<ul style="list-style-type: none"> • Recent sinus surgery or middle ear surgery or infection 	There is a risk that forced maneuvers can cause pain and even ear drum ruptures in cases of middle ear infection
<ul style="list-style-type: none"> • Pneumothorax • Significant aortic aneurysm* • Recent thoracic surgery** • Recent abdominal surgery • Pregnancy*** 	<p>*Spirometry causes increases in intrathoracic and intra-abdominal pressure that may increase blood pressure</p> <p>**Physiotherapy and coughing has been shown to be beneficial after cardiothoracic and abdominal surgery. Cough increases intrathoracic pressure up to 400cmH₂O compared with 70cmH₂O- 200cmH₂O during spirometry. The risk is therefore low in most patients.</p> <p>***Lung function tests may increase the risk of early delivery in the case of an incompetent cervix</p>
<ul style="list-style-type: none"> • Systemic hypotension or severe hypertension (e.g., >200/120mmHg) • Significant atrial/ventricular arrhythmia • Non-compensated heart failure • Recent myocardial infarction (MI) or pulmonary embolus • History of syncope related to forced exhalation/cough 	Exercise testing one week after MI appears to be safe, however, caution is necessary where persistent myocardial ischemia exists. The use of beta2- agonists when doing post-bronchodilator spirometry can also be a risk for people with these conditions, although the risk of a single administration is likely to be minimal.
<ul style="list-style-type: none"> • Active tuberculosis • Hepatitis B • Hemoptysis or oral bleeding 	Infection control procedures must be taken according to local procedures
<ul style="list-style-type: none"> • Inability to follow direction (e.g., confusion, dementia, young age, language barrier) 	In some cases, successful spirometry can be done with increased coaching and aid of an interpreter

Note: Recent Indicates within 6 weeks.

Appendix D:

Considerations for Spirometry in young children (<12yrs)⁴

- Children have higher elastic recoil of the lungs than adults and therefore, have faster emptying of the lungs (some children are able to exhale completely in 1 sec).
- Minimum expiratory time is 3 sec for children ≤ 10 years of age rather than 6 sec for adults. However, the requirement of a plateau $< 25\text{mL}$ in the final 1 sec of exhalation remains (ATS/ERS standards 2005)
- If the child can exhale their lung volume in < 2 sec, the technologist must override the automatic rejection of the test.
- Criteria include:
 - For tests with FVC > 1.0 L
 - The 2 largest FVC values are within 150mL of each other
 - The 2 largest FEV1 values are within 150mL of each other
 - For tests with FVC < 1.0 L
 - The 2 largest FVC values must be within 100mL of each other
 - The 2 largest FEV1 values must be within 100mL of each other
- The back-extrapolated volume used for the beginning of the test must be $\leq 150\text{mL}$ or 5% of FVC, whichever is greater.
- When a child performs spirometry testing, they must rapidly inspire to maximal lung volume and prevent breath holding prior to forced exhalation (ATS/ERS 2005)
- Ensure an appropriately sized mouthpiece for a better seal
- Ensure the use of nose clips

Appendix E: Procedure for Spirometry Testing

Preparation

You will need:

- Spirette
- Nose clips
- Bronchodilator
- Disposable spacer
- Demo spirette
- Solid chair

1. Open Easy-On program from PC desktop
2. Calibrate spirometer before test > utilities > check calibration > syringe calibration
3. Monthly biological quality control test
4. Open patient EMR, prepare "Spirometry Consult Note" stamp
5. Find or enter the patient on Easy-On:
 - a. For a new patient: Click "new". Enter all available information from patient's chart (ex. Patient ID [EMR number], DOB, name, etc.)
 - b. For a follow-up patient: find patient on list under "patients"

History / Demonstration

1. Explain the purpose of the test to the patient
2. Measure patient's height and weight, enter into Easy-On PC profile and EMR
3. Obtain history of patient's lung health using appropriate Respiratory Program Custom Form in EMR, fill in remainder of profile on Easy-On
4. Explain one manoeuvre of spirometry test, then demonstrate with demo spirette. Ensure patient understanding

Pre-Bronchodilator Test

5. Press "test" >FVL (ex/in)
6. Enter ambient temperature and humidity values as prompted (altitude is already set and fixed). Recalculate BTPS and Confirm.
7. Block spirette as prompted
8. Perform test! Ensure you obtain 3 acceptable with at least 2 repeatable manoeuvres

Post-Bronchodilator Test

1. Administer appropriate bronchodilator, as per medical directive, via disposable spacer
2. Wait appropriate amount of time, based on medication used
3. Click on "Add Post" and perform test!
4. Click on "comments" on the results page to enter interpretation notes.
5. When testing is complete, click on "Print Menu". Select "PDF file"
6. Name the file "last name, first name" and save to desktop
7. Now drag PDF from desktop into your Custom Form note on your patient's EMR
8. Once entered into the patient's chart, delete the file from the desktop