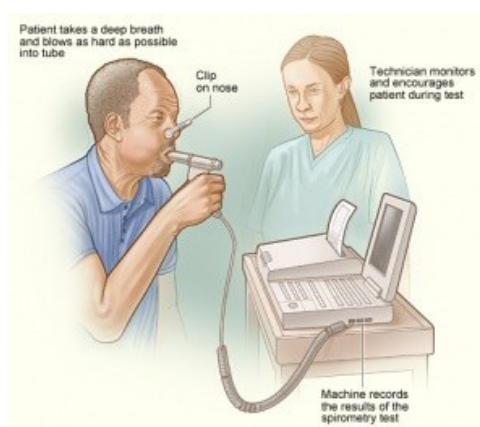


Drive In Spirometry Service

Patient Information Leaflet

What is Spirometry and what does it measure?

Spirometry is a basic lung function test that measures the size of your lungs in litres. It also measures how quickly air flows in and out of your lungs. The test involves you blowing into a simple handheld device that records airflow and lung volumes. The image below shows someone blowing into a spirometer.



The results of the spirometry test can be used to help diagnose respiratory illness, monitor disease progression or show us how your lungs respond to treatment such as inhalers.

What is “Drive in” Spirometry?

The Covid19 pandemic has had a significant impact on how we perform breathing tests.

A breathing test or spirometry is listed as an Aerosol Generating Procedure (or an AGP for short). This means the test has the risk of inducing a cough and therefore airborne liquid aerosol droplets into the air which can be inhaled by other people. These droplets can also settle onto surfaces within a testing room.

To minimise these risks we have elected to open a “drive in” spirometry service. This simply means you drive directly into a testing centre and the spirometry or breathing test is performed whilst you sit in your car. Once the test is complete you simply drive away.

The staff performing the test will be wearing personal protective equipment (PPE). This will be an apron, surgical face mask and a visor.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What do I do on arrival?

Drive slowly and carefully around the heart and lung car park (P2) past the main entrance to the Heart and Lung Centre, a member of the testing team will then direct you either into one of our testing bays or ask you to park in a designated waiting area. Once in a testing bay please switch off your engine and remain in your vehicle.

How will the spirometry or breathing test be performed?

Once parked within one of the testing bays a member of the respiratory team will give clear instructions to you. These instructions will be delivered observing social distancing rules. The test instructions will also be available on flash cards in case you have difficulty hearing or understanding our instructions whilst we wear a face mask.

Can I bring someone with me?

Preferably we would like you to attend on your own if possible, where this is not possible then you can come with one other member of your household or social bubble only. Remember the person you bring will be exposed to the air you expire during the test including any coughing the test may induce. For their safety they will have to remain in the vehicle with you.

Is the spirometer clean?

Yes, the spirometer will be cleaned thoroughly between patients. Every patient has their own individual mouthpiece and an antibacterial/viral filter to use. On completion of the test we will ask you to kindly take any consumables such as the mouthpiece and filter home with you to dispose of in your own waste bin at home. This step helps to ensure the safety of all patients as well as the staff performing your test.

Will other patients be tested at the same time as me?

Yes, this is very likely. We will of course endeavour to perform your test respecting your dignity and your privacy but it is likely that one other patient will be tested at the same time as your appointment in an adjacent testing bay.

The testing bays are around 8 metres apart from each other and we will have a total of two testing bays in operation at any one time.

The high numbers of patients requiring this test will mean that it will be quite likely that the service will be very busy.

During the COVID-19 pandemic we had to put this test on hold so, as you can imagine, we have a huge backlog of patients to test.

We will have a strict appointment system in place, please attend for your appointment promptly at the designated time. This is important so as to not to add to any traffic congestion in this area of the hospital.

If you cannot attend or no longer want to have the test then please let us know as soon as possible so that the appointment can be released to another patient.

What should I expect during my drive in test?

We will check your temperature by measuring this from your ear. We will also ask you some screening questions about any recent COVID-19 symptoms.

Please remember if you have symptoms suggestive of COVID-19 that you do not attend and that you contact NHS 111 for advice.

We would be very grateful if you can provide us with an accurate measurement of both your height and weight when attending - use the spaces below to record your height and weight, bring this leaflet with you to your appointment. If not the staff will make an estimate of how tall you are by measuring the length of your forearm. This will be measured using a single use paper tape measure.

Height ft/inches or metres

Weight stones/lbs or kg

Why do we measure height?

Your height is very important in working out how big your lungs should be, it helps us calculate what your normal lung values are.

What happens to my results?

Once the test is completed your results will be interpreted and a report generated. A copy of this report will be sent back to the referrer which may be your GP or consultant.

An electronic copy of the report will also be sent onto your electronic patient case notes.

What are the risks involved with performing the test?

Spirometry is classed as a low risk test. In most cases the main risks are perhaps some dizziness following blowing out hard and fast. In very rare occasions sometimes patients can feel faint after performing the measurement. It is painless but does require you to blow out as hard and as fast as you can with maximum effort.

There are some medical problems that may prevent us from testing patients, these relative contraindications are listed below:

- Recent heart attack - within 1 week;
- Severe blood pressure problems;
- Heart arrhythmias;
- Heart failure;
- Pulmonary embolism;
- Cerebral aneurysm;
- Recent brain surgery-within 4 weeks;
- Recent concussion;
- Recent eye surgery-within 1 week;
- Pneumothorax;
- Thoracic or abdominal surgery-within 4 weeks;
- Late term pregnancy;
- Active or transmissible infection, including TB;
- Haemoptysis (coughing up blood);
- Oral lesions or bleeding or significant secretions.

How long will the test take to complete?

You should allow up to 30 minutes for this test.

What should I do if I no longer wish to have the spirometry test?

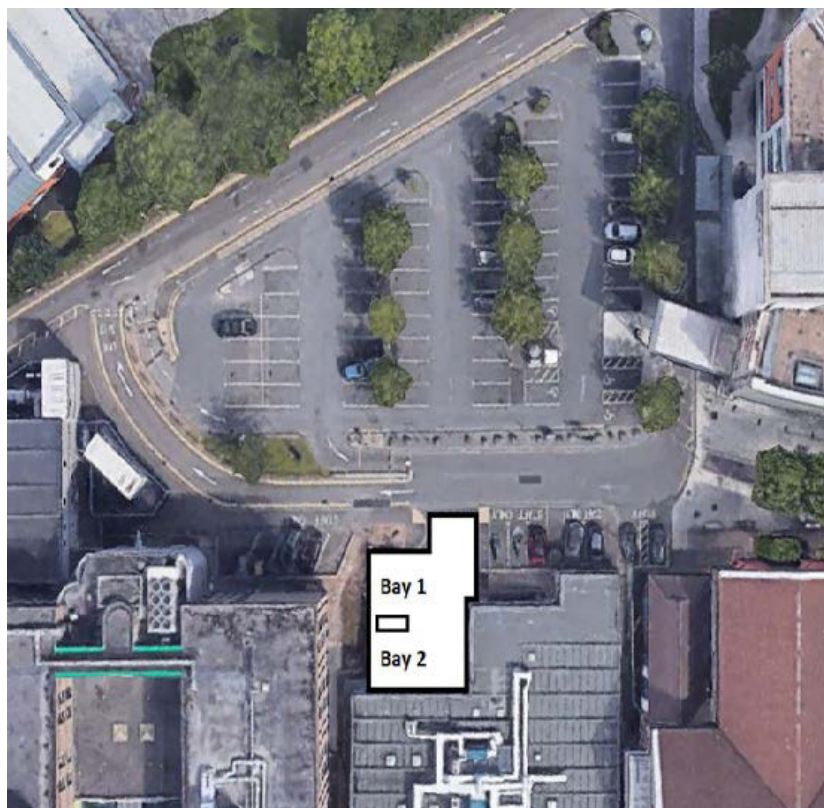
Please contact the department as soon as possible so that the appointment slot can be allocated to another patient.

Drive in spirometry service location



Where is the testing centre or drive in service?

The "Drive In Spirometry testing centre" is located on the staff car park directly in front of the Appleby suite. This is directly adjacent to the heart and lung car park (behind the P2 car park) on the New Cross hospital site. There will signposts directing you from the P2 car park entrance slip road.



If you have any questions or require further information please contact:

The Respiratory Centre (B1)

New Cross Hospital
Wolverhampton Road
Wolverhampton
WV10 0QP
01902 695061
Monday to Friday 08:30 to 17:00

Author: P. Moxon

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。