

Spirometry Screening

Are You at Risk?
Early detection is important.

Spirometry is a basic measurement of a person's ability to move air in and out of his/her lungs. Spirometry Screenings help assess lung function by measuring how much and how fast a person can blow air out of his/her lungs. It compares how much air a person *can* forcefully blow out with how much air they *should* be able to blow out based on their height, age, race and gender.

Determine your risk.

Obstructive lung diseases (OLDs), which include chronic bronchitis, emphysema, and asthma, are the fourth most common cause of death in the United States. It is the only major disease among the top 5 causes of death that is rising in prevalence and mortality. It is now estimated that nearly 16 million people in the United States have chronic bronchitis and emphysema, which is commonly referred to as chronic obstructive pulmonary disease (COPD). Risk factors for developing lung disease include:

- Smoking cigarettes
- Exposure to lung irritants, such as chemicals
- Having long-term (chronic) asthma
- Having a family history of lung disease

Recognize the symptoms.

Some key symptoms of decreased lung function include:

- Long-term (chronic) cough
- Chronic mucous (sputum) production when you cough
- Shortness of breath that is persistent and gets worse, during exercise, and/or during respiratory infections, such as colds

Take the test.

Pulmonary function tests are a group of tests that measure how well the lungs take in and release air and how well they move oxygen into the blood. In a spirometry test, you breathe forcefully into a mouthpiece that is connected to an instrument called a spirometer. The spirometer records the amount and the rate of air that you breathe in and out over a period of time.

Independent Nursing Care, LLC offers Spirometry Screenings using a hand held unit featuring pulmonary testing modes for the measurement of inspiratory and expiratory values. The test measures:

1. The amount of air that can be expelled following a deep breath, called forced vital capacity.
2. The amount of air that can be forcibly exhaled, called forced expiratory capacity.

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Completing your circle of care

Summing it up.

It is important to realize that a single lung function test cannot tell you if you have asthma, or any other lung disease, or if your asthma is well controlled.

Results from spirometry testing must be interpreted cautiously and in conjunction with your medical history, physical examination and other test results. These results are being provided for informational purposes only, and do not constitute an interpretation of the results or diagnosis of any particular disease state or condition. Only your physician can diagnose and manage asthma or other lung disease. We are providing you with these results so that you can share them with your physician.

Knowing your numbers.

Spirometry results are expressed as a percentage, and are considered abnormal if less than 80 percent of the normal predicted value. An abnormal result usually indicates the presence of some degree of obstructive lung disease such as asthma, emphysema or chronic bronchitis or restrictive lung disease such as pulmonary fibrosis. FEV1 values (percentage of predicted) can be used to classify the obstruction that may occur with asthma and other obstructive lung diseases like emphysema or chronic bronchitis.

FVC "% of predicted" value of 80% or higher is generally considered normal.

% Range	Obstruction Level
FEV1 65% to 79%	Mild
FEV1 40% to 59%	Moderate
FEV1 less than 40%	Severe

Scheduling.

Spirometry Screening Clinics are available at flexible and convenient times. Once a date is chosen, you will receive a confirmation packet containing the following details:

1. Verification of clinic dates and times
2. A complete program summary
3. Duties and responsibilities of INC
4. Responsibility of your facility

**You will receive a comprehensive breakdown summary of the screening results.
All personal information will be kept confidential.**

**Please call Independent Nursing Care to schedule
a Spirometry Screening Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

www.INCnursing.com

**INDEPENDENT
NURSING CARE**

Completing your circle of care