

Spirometry Learning - Competency Assessment Course

Overview

Spirometry is recommended as an indispensable tool to aid in the diagnosis and monitoring of chronic airways disease. Well-performed, good quality spirometry has been shown to increase the correctness of COPD and asthma diagnoses and improve the clinical management of patients with respiratory disease. Spirometry Learning Australia (SLA) has designed and developed a suite of comprehensive educational and training resources to provide health professionals with the expertise, practical skills and confidence necessary to recognise the essential requirements for quality-assured spirometry measurements, reliably evaluate and interpret test results and achieve competency in spirometry testing. The Spirometry Learning – Competency Assessment (SL-CA) course is compliant with Australian & New Zealand Society of Respiratory Science (ANZSRS), Thoracic Society of Australia & New Zealand (TSANZ) and American Thoracic Society & European Respiratory Society (ATS/ERS) spirometry testing standards.

Who is it for?

Participants may include nurses, clinicians, scientists, health workers and healthcare providers who conduct spirometry testing in tertiary, secondary and primary health care settings, general practice and industrial workplaces in both metropolitan and regional, rural and remote locations.

Outline:

The SL-CA course incorporates on-line educational resources, a practical skills workshop, assessment of competency via the Spirometry Assessment Tool and a Refresher Session 12-months post course completion (with successful submission of spirometry self-assessments as outlined below).

Online resources

These on-line educational resources are self-paced and include presentations, video segments and interactive spirometry cases. Learning outcomes are objectively assessed. Optional educational webinars may be scheduled periodically.

Approximate time for completion: 5-6 hours

Practical Skills Workshop (face-to-face or virtual workshop sessions available).

The practical skills workshop is facilitated by experienced respiratory scientists and respiratory health professionals and uses an interactive and practical approach to reinforce the key concepts.

Duration: 4 hours (virtual workshops can be held as 2 x 2-hour sessions)

Review of participant self-assessments (Spirometry Learning - Spirometry Assessment Tool)

Self-assessments of participant's spirometry test results are reviewed by experienced respiratory scientists. The Spirometry Learning - Spirometry Assessment Tool (SL-SAT) has been designed and developed by Spirometry Learning Australia to standardise self-assessment and simplify reviewer feedback to the participant.

A minimum of two patient spirometry tests should be conducted every two weeks in the participant's usual workplace. Assessments are typically submitted over a 3-month period to confirm competency in spirometry testing.

Refresher session (12-months post course completion)

Informal Q&A session with the focus on reinforcement of the key concepts of spirometry testing
Duration: 2 hours (these sessions may be held face-to-face or virtually)

Cost: \$485 per participant *Includes 18-month subscription to the online resources

Continuing Professional Development: CPD points, or hours, can be claimed to meet your CPD requirements (profession dependent).

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Learning Outcomes

After successful completion of the SL-CA course, participants should have a good understanding of the following concepts:

- Indications for spirometry
- Physiology and pathophysiology of obstructive and restrictive ventilatory defects
- Definitions of the indices to be measured: FEV₁, FVC and FEV₁/FVC ratio
- Data represented on flow-volume curves and volume-time spirograms.
- Use of predicted reference values
- How patient demographics relate to spirometry measurement.
- Spirometer settings and technical considerations
- Quality Assurance concepts including calibration & verification of the spirometer device and use of Biological Controls
- Infection Control standards
- Pre-test requirements including assessment of relevant contraindications, considerations for testing and potential complications.
- Test performance including operator instructions for testing, ATS/ERS criteria relating to the acceptability of patient test performance, ATS/ERS criteria relating to the repeatability of test measurements, common causes of poor-quality spirometry, trouble-shooting patient related issues and assessment of bronchodilator responsiveness.
- Pattern recognition of normal and abnormal flow-volume curves
- Differentiation between normal and abnormal spirometric values, including the use of z-scores
- Case-based application of interpretative strategies

Practical Skills Workshops

- Practical skills workshops are available as either face-to-face or virtual sessions.
- Virtual practical skills workshops are designed primarily for regional, rural and remote participants who find it difficult to attend face to face sessions.

Workshops are 4 hours duration and adhere to the 1:5 trainer-to-participant ratio recommended by the 2017 ANZSRS Position Statement on Spirometry Training Courses

**The dates of these workshops can be negotiated on an individual or group basis.*

Spirometry testing, evaluation and feedback via the Spirometry Assessment Tool

- Self-assessment of test results is made using the Spirometry Assessment Tool (SAT) designed and developed by Spirometry Learning Australia. Completed SATs and accompanying test reports are submitted for respiratory scientist evaluation at the end of each fortnight.
- Ongoing feedback of these evaluations will be given to participants at regular intervals throughout this period.
- *A minimum of 10 accurate spirometry assessments are required to achieve competency.*

For further information about the SL-Competency Assessment course, or to enquire about registration

contact us via email: spirometrylearning@gmail.com

or visit our website: <https://www.spirometrylearning.com.au>

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