

Holding your own spirometry testing event

What do I need to run a spirometry testing event?

- Spirometers
- Mouth pieces
- Tissues
- Printers, or something to write the results on
- Furniture (chairs and tables)
- Patient information (the [ELF information hub](#) is free to access)
- [Referral letters](#) for anyone showing abnormal results
- Posters, signage and other printed materials
- Water and cups for visitors and testers
- Waste baskets
- You may wish to provide staff with t-shirts or a name badges



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How should spirometry testing be performed?

- Ensure you have the correct ethics approval in your country. In some countries, approval may also be needed from national data authorities if the results are going to be stored.
- Patient safety checks should be made regarding contraindications and all spirometry should be performed with the patient sitting down.
- Three acceptable blows (if possible) should be performed by each person in accordance with [ERS/American Thoracic Society \(ATS\) Standards 2005](#)
- A printout or written results should be handed to the person and any problems should be explained.
- Those showing an abnormal spirometry results should be given [a letter](#) to take to their healthcare provider.
- Where possible, give people the opportunity to speak to a doctor onsite.
- If children have abnormal values, letters to their healthcare provider should be given to the parent/guardian.

Important: Be clear to participants that, as this is a screening event under non-perfect testing conditions, a diagnosis cannot be definitively given.



For more information about spirometry, click or scan the QR code to visit the ELF information hub.



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