## Quick Reference Guide

## Midmark Digital Spirometer v. 11.0

- O1 In IQmanager®, Search for a patient from the Opening Screen and double-click the patient name, or select New Patient. Ensure the patient's race, date of birth, sex, height and weight are entered.
- O2 Select New Test button.
- O3 Enter the names for the Technician, Physician and Indication. Click the Play icon next to the spirometer.
- O4 Prepare the patient for the spirometry test.

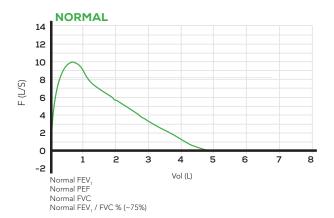
NOTE: Proper patient prep results in fewer repeat maneuvers:

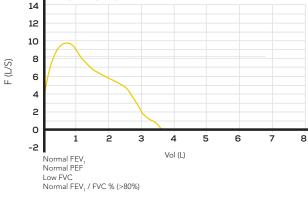
- a. Explain the purpose of the spirometry procedure to determine how hard and fast air can be exhaled.
- b. Stress proper posture, including shoulders back and chin up (not leaning forward during exhalation).
- c. Demonstrate the procedure.
- O5 Insert a new mouthpiece into the spirometer.

- O6 Apply nose clip. Instruct patient to hold the spirometer up and to the side of their face.
- O7 Click on Start Pre Test. Wait for the device to zero. If performing Post test, click Start Post. If applicable, click Start after choosing incentive.
- 08 Begin the test:
  - a. Coach the patient to inhale maximally, then quickly place the mouthpiece in the mouth and seal the lips.
  - b. Instruct the patient to BLAST out the air upon exhalation (for 6 seconds). Adjust posture if necessary.
- NOTE: Obtain three good maneuvers (with two matching). Do not exceed eight maneuvers in one session.
- O9 Click Review button to display review screen. Select Save after reviewing the report to save test session.
- Eject the mouthpiece into the trash receptacle after all maneuvers are completed.



## Examples of Normal, Restrictive and Obstructive Flow-Volume curves





**RESTRICTION** 

