

Quick Reference Guide

Midmark Digital Spirometer v. 11.0

01 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.

02 Select New Test button.

03 Enter the names for the Technician, Physician and Indication. Click the Play icon next to the spirometer.

04 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.

05 Insert a new mouthpiece into the spirometer.

06 Apply nose clip. Instruct patient to hold the spirometer up and to the side of their face.

07 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.

09 Click Review button to display review screen. Select Save after reviewing the report to save test session.

10 Eject the mouthpiece into the trash receptacle after all maneuvers are completed.

Examples of Normal, Restrictive and Obstructive Flow-Volume curves

