

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:

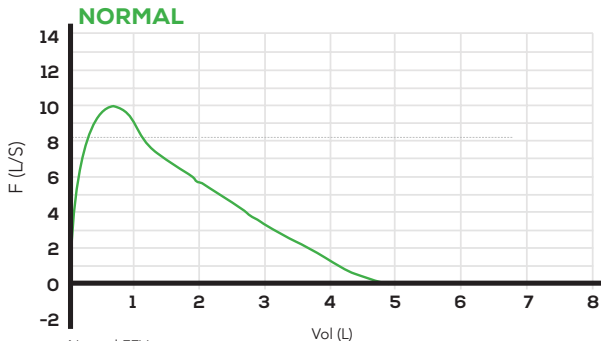
- a. Coach the patient to inhale maximally, then quickly place the mouthpiece in the mouth and seal the lips.
- b. Instruct the patient to BLAST out the air upon exhalation (for 6 seconds). Adjust posture if necessary.

NOTE: Obtain three good maneuvers (with two matching). Do not exceed eight maneuvers in one session.

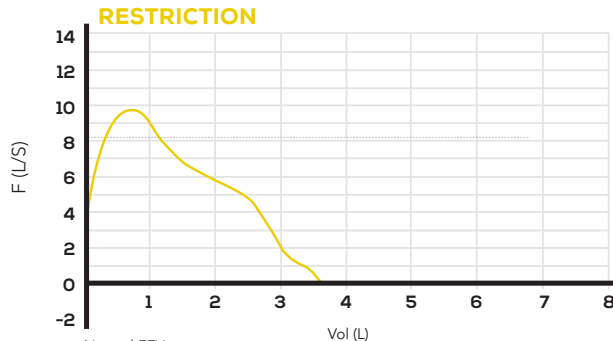
09 **Click** Review button to display review screen. Select Save after reviewing the report to save test session.

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

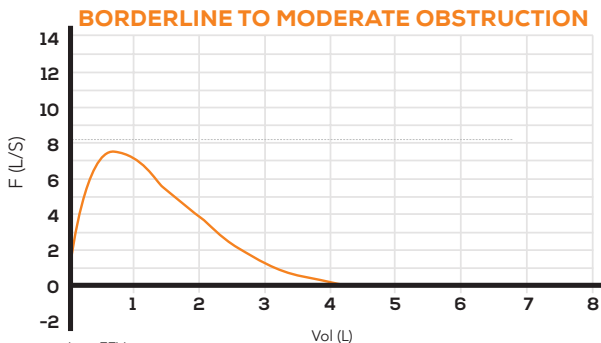
Examples of Normal, Restrictive and Obstructive Flow-Volume curves



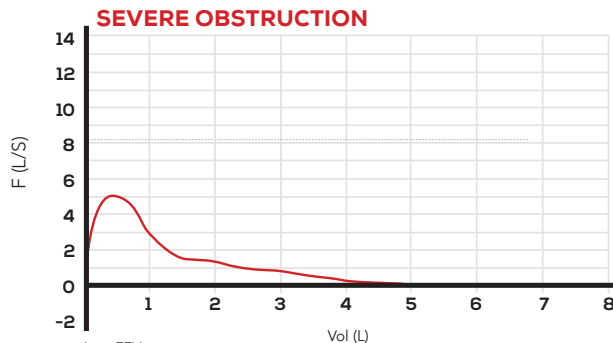
Normal FEV_1
Normal PEF
Normal FVC
Normal FEV_1 / FVC % (~75%)



Normal FEV_1
Normal PEF
Low FVC
Normal FEV_1 / FVC % (>80%)



Low FEV_1
Low PEF
Normal FVC
Low FEV_1 / FVC % (<70%)



Low FEV_1
Low PEF
Normal FVC
Low FEV_1 / FVC % (<50%)