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## Editors Welcome

Welcome to another informative edition of eXhale.

I would like to thank the people that have contributed to eXhale this month. Firstly, I would like to thank David Fynn of the Royal Hospital for Sick Children for a fabulous Lab in Focus piece. It's nice to be able to include a paediatric lab in the newsletter. I would also like to thank Judith Taylor of University Hospitals, Birmingham for a really nice piece about Healthcare science week.

The issue is slightly malnourished this month.... Well with cut backs and targets, why should the eXhale be any exception?..... Hopefully, normal service will resume next month.

Unfortunately, due to lack of interest, this edition mourns the loss of the crossword.

With less than a month until the General Election, we could be entering a new era. More change and more challenges. Hopefully the next government will continue with the plans for compulsory registration. All the hard work that everyone has done for MSC will, hopefully, remain unscathed.

Who ever gets in, big changes are certain. I don't know if any one else out there watched the debate, but there were 3 people with 3 very different ideas. The NHS is going to be a casualty of the 600 billion pound deficit, that's for sure.

Who ever runs the country next, however they run the country I have full faith that we will all continue to practice and voice our opinions like the professionals that we are.

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## **MSC – The England Action Plan**

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As many of you are probably aware, the publication of Modernising Scientific Careers: The England Action Plan was released earlier this month.

The plan itself is available at the following link;

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_115143](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_115143)

This plan details the programme and covers delivery, phased implementation, curriculum development, training/educational pathways, workforce planning and funding etc.

Members, as always, are encouraged to feed back on the document so if you have any points you wish to raise, please email to [msc@artp.org.uk](mailto:msc@artp.org.uk).

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## **2010 – Year of the Lung**

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As you may be aware the ERS President Professor Nikos Siafakas is the European Co-ordinator of the 2010 Year of the Lung campaign, if you wish to assist in this global effort please join the year of the lung campaign up by filling in a form online at:

<http://www.2010yearofthelung.org/1370-become-a-partner.htm>

Current partners are listed here. It is also essential to encourage as many people in your hospital, practice or area as possible to become involved in World Spirometry Day, 14th October 2010 .

ARTP will keep you informed of developments for World Spirometry Day. But please feel free to contact ARTP Administration (Steph) to register your interest and contribution in supporting the Spirometry Day and The Year of the Lung.

On a related topic, ARTP will be working closely with European Lung Foundation and ERS to provide the biggest and best Spirometry Event at the 2012 London Olympics. We will be formulating plans this year but would again look to ARTP membership to lead the Quality Diagnostic Spirometry that will be required. We are working with the idea of having ERS “Olympic” Gold medals for people who have normal lung function – to promote healthy lungs and to congratulate them on looking after their lungs.

All these initiatives are ways we can show the world and our own country what difference we (ARTP) make and how essential our services are to healthy and diseased lungs.

The launch of the COPD Strategy is very timely in this Year of the Lung, so also make sure you feedback your comments to ARTP to collate and reply to the DH Consultation Process.

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## COPD7 Conference

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30 June - 2 July 2010

INTERNATIONAL CONVENTION CENTRE, BIRMINGHAM UK

Thank you to everyone who has already registered for the COPD7 conference in June 2010 and especially to those people who have submitted abstracts for poster display and publication in the Journal of COPD following the conference.

Due to popular request, the submission deadline for abstracts has now been extended to Wednesday 31 March 2010. Please visit the following link to submit your abstract electronically. [http://www.copdconferences.org/abstract\\_new.php](http://www.copdconferences.org/abstract_new.php) May I draw your attention to the fact that only registered delegates will have their posters displayed and published post conference.

As in previous years, the conference will have a 3-track programme so there will definitely be something for everyone to enjoy and participate in. We will be encouraging delegates to attend the Meet the Expert sessions, which will be small groups of people to ensure greater interaction. All sessions can be booked on a first-come first-served basis and we hope to have the registration facility for sessions available by the end of February. Only registered delegates will be able to take advantage of this facility. Friday 2 July will be extremely interactive with a variety of debates taking place. Definitely a day not to be missed!

I would like to extend a warm welcome to our latest exhibitors – Smith Medical, Teva UK and Fisher and Paykel and we will be announcing the latest companies who will be supporting the event very shortly once all the contracts are in place.

Our conference hotels are continuing to fill up well, and indeed the Hyatt Regency is now fully occupied. If you will require accommodation, might I suggest you contact us sooner rather than later to ensure you are not disappointed.

If we can be of any assistance please do not hesitate to contact either myself or a member of the COPD7 Organising Team.

Jackie Hutchinson  
COPD7 Administration  
Executive Business Support Ltd  
City Wharf, Davidson Road  
Lichfield  
Staffs. WS14 9DZ

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## **Regional Events to Support the COPD Consultation**

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### **Consultation on Services for Chronic Obstructive Pulmonary Disease in England and plans for implementation**

The National Strategy for COPD has now closed for consultation. The document is still available to download by visiting the Department of Health website at the following link:

[http://www.dh.gov.uk/en/News/Recentstories/DH\\_113007](http://www.dh.gov.uk/en/News/Recentstories/DH_113007)

The Department of Health, in partnership with the 10 SHAs in England and NHS Improvement (supported by the British Thoracic Society, Primary Care Respiratory Society, British Lung Foundation and Asthma UK) held a series of regional events, as follows;

3 March - South Central

8th March - London

15th March - East Midlands

16th March - Yorkshire and the Humber

18th March - East of England

22nd March - Northwest

23rd March - West Midlands

30th March - South West

31st March - South East Coast

1st April - North East

The aim of the event was to enable all interested healthcare professionals to hear from the National Clinical Directors for Respiratory Disease, Professor Sue Hill (Department of Health Chief Scientific Officer) and Dr Robert Winter (East of England SHA Medical Director), about the contents of the strategy. Delegates feedback their views on the recommendations it contains, and had an opportunity to record their response to the consultation.

There were also opportunities to talk about the:

- work being undertaken to help support delivery of the strategy by the Director of the NHS Lung Improvement programme (Phil Duncan).
- chapter on asthma which highlights where there are synergies in the approach to the care of these conditions and where there are differences

Each event was slightly different to reflect the region, with practitioners speaking about local programmes, together with arrangements about how to implement the final strategy in local areas.

The slides from these events are available at <http://www.respiratoryevents.org.uk/> .



### The Royal Hospital for Sick Children, Edinburgh

The Royal Hospital for Sick Children, fondly referred to as the Sick Kids, is based in the heart of Edinburgh, opposite the greenery of The Meadows. The hospital offers a wide range of services to newborns, infants, and children from across Eastern Scotland and beyond.

As the hospital has grown over the years, adjacent properties have been swallowed up to make room for expansion and our Respiratory Physiology Department resides snugly in what is likely to have been the kitchen of a Victorian terrace house! Over the last 3 years, support from Clinical Management (bolstered by a number of business cases and much ‘banging of heads on desks’) has allowed us to expand from 2 to 4 F/T Respiratory Physiologists and a Trainee Physiologist now well into her 3<sup>rd</sup> year. This increase in staffing, along with the appointment of a 3<sup>rd</sup> Respiratory Consultant and a dedicated Service Administrator, has enabled us to meet the growing demand for our services.



*Left to right – Dr Don Urquhart, Emily Ingram, Wendy Forrest  
David Fynn, Sarah Oliver*



I'm never sure who the children are – the patients or the staff!

*. . . left to their own devices!*

The department undertakes I.P and O.P activities at Sick Kids and at outreach clinics across the region. As a multidisciplinary team and in conjunction with our Nurse Specialists and Physiotherapists, we support a range of research projects. Our PFT diagnostics include Spirometry, full PFT's, MIP's/MEP's, Exercise and Challenge Testing, F2F, and Skin Prick and Sweat Tests. Of course obtaining maximal and reproducible results from our youngsters is challenging, though as a group their enthusiasm is infectious! In sleep we offer Oximetry, Capnography, Cardio-Pulmonary studies (analysed and reported by our Clinical Physiologists) and are currently introducing full PSG studies. We are also running a pilot scheme assessing the provision of home Cardio-Pulmonary studies to families for whom coming into hospital is a distressing and difficult experience and this is generating promising results.

As for the future, well for us it lies in a new children's hospital due to be completed by 2013. Every Respiratory Physiologist's dream must be to design from scratch their own department, and we are fortunate that for us this dream is well on its way to becoming a reality as the development of this new hospital takes shape. We have been delighted that from day one design input from our team has been positively encouraged and we have taken full advantage to ensure our new department will be top notch and not just an after thought. We are especially

pleased that the design includes a separate Sleep Laboratory area, equipped with the facilities deserved by our patients and their families.

As a team we feel lucky to work in such a beautiful and lively city, with stunning landscapes only a few miles away. We also feel privileged to be able to interact with what can at times be a highly challenging cohort of young patients – but a cohort well worth the effort.

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## **Website Progress/Membership Renewals**

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I'm hoping that the members area on the website will be open for access later this week.

If you have an email registered on the ARTP database you should receive direct notification of a random password. You can then sign into your profile and change it to one that is memorable to you.

Keep an eye on the News column on the home page and I will let you know when this has happened. If you have not received a password by then (surprisingly about 40 of our current members don't have an email registered on the database) contact Steph on [admin@artp.org.uk](mailto:admin@artp.org.uk).

Future access to the members area of the website will be controlled by the database 'telling' the website who has paid or not, so there will be no need for a password to be issued with your membership card in future. Which reminds me that membership renewals are due from the 1<sup>st</sup> May, please check the primary email address registered for you on your renewal documentation, also check your preference for email or post communications from ARTP – be green, save trees (and postage!) by electing for the email option.

Current members should also not forget to register that they want to join the ARTP Sleep section.

Keith Butterfield  
Webmaster / Vice Chair

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## Healthcare Science Week

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### Health Care Science Week

**Event: “How Science Matters” 9-12<sup>th</sup> March**

**Venue: Think Tank, Birmingham**

**Attended by: Birmingham Secondary Schools, Year 9 pupils**

I recently had the pleasure of spending a day at the Think Tank Museum in Birmingham as part of Healthcare Science week. This involved fraternising with my fellow Health Scientists from the University Hospital Birmingham (UHB), in an organised event called “How Science Matters” This was a 4 day event, where a combination of disciplines from UHB (including Medical physics and Microbiology) worked together on daily basis to promote Science and inspire the young!

As well as the NHS, other attendees included The West Midlands Police/Forensics, Park Rangers and a well known electricity Supplier. These organisations were professional exhibitors with all sorts of impressive demonstrations to captivate the audience, so, with this in mind I trotted up with a spirometer, peak flow meter, a pair of squidgy foam airways (complete with mock green sputum), a CPAP machine and a variety of masks!

Not as impressive on first sight maybe as the Roller coaster design company who attended with their working mini Theme Park. However there was plenty of interest from the children particularly in seeing how the equipment worked and what it measured, after-all virtually all of them had come across a PEF meter before or had a family member who snored and could relate to what CPAP could do.



Much excitement also ensued from the Science teachers, who highlighted the importance of quoting measurements with specific units and making repeated measurements in controlled environments, to minimise experimental errors. “See children”, one teacher said, “We don’t just go on about these things because we like the sound of our own voices!” It was then nostalgia gripped me having heard the same line about 20 years ago, this however was about taking care

with sewing machines after stitching myself to the blanket I was making during needlework class.

In summary this was a highly rewarding day, with lots of fabulously inquisitive children finding interest in Health Care Science, particularly where they could relate it to their every day lives.

Interestingly, another use for nose pegs emerged from a budding young scientist, who suggested they could be used as ear defenders for squirrels!

This event should run annually so suggestions about further demonstration ideas would be welcome.

Jude Taylor  
Senior Respiratory Physiologist  
Lung Function and Sleep, UHB

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## **New ARTP Executive Officers**

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Following a recent advertisement, the ARTP Executive Committee are very pleased to announce the appointment of the following 2 posts:

### **Careers Representative**

Maxine Jones (University Hospital, Birmingham)

### **Junior Members Representative**

Samantha Briscoe (St Thomas', London)

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## ARTP Travel Grants

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**Please Note: Grants are only available to ARTP Members.**

### Meeting Grants

Grants are available for the following meetings and must be received by ARTP Admin by the stated date.

#### Grant Availability (annually)

ERS Meeting	( 5 @ £1000)	1st June
ARTP Conference	(10 @ £500 max*)	1st November
CSO Conference	( 5 @£300)	1st June

(\*If you are applying for your registration fees as a travel grant please also specify this on your ARTP conference registration form)

### Travel / Experience Grants

Grants to allow ARTP members to extend their work experience or learning practices are also available.

(£1500 total fund, at the discretion of Executive Committee)

### How to Apply for a Grant

To apply for any of these grants please use the form available from the website (About ARTP | Membership | Travel Grants).

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## Forthcoming Education and Events - 2010

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- ARTP Spirometry Course April 20<sup>th</sup> & 21<sup>st</sup> Stoke
- ARTP Spirometry Course April 22<sup>nd</sup> & 23<sup>rd</sup> Glamorgan
- ARTP Muscle Course May 13<sup>th</sup> Nottingham
- ARTP Paediatric Spiro Course June 03<sup>rd</sup> London
- ARTP Spirometry Course June 7<sup>th</sup> & 8<sup>th</sup> Brompton
- Summer BTS June 24<sup>th</sup> and 25<sup>th</sup> Manchester
- ARTP PFT Reporting Course July 6<sup>th</sup> and 7<sup>th</sup> Bournville
- ARTP Spirometry Course July 8<sup>th</sup> & 9<sup>th</sup> Glamorgan
- ARTP Spirometry Course Sept 6<sup>th</sup> & 8<sup>th</sup> Brompton
- European Sleep Technologist Sept 14<sup>th</sup> Portugal
- ARTP Spirometry Course Nov 11<sup>th</sup> & 12<sup>th</sup> Glamorgan
- ARTP Spirometry Course Nov 29<sup>th</sup> & 30<sup>th</sup> Brompton
- AARC Congress December 6<sup>th</sup> – 9<sup>th</sup> Las Vegas

## Badgers Bits



If I was a patient I'd cough and sneeze and wheeze.  
No thank you doctor, just a tissue if you please.  
Let me tell you about how it all came to a head.  
It was about 27 years ago, when I was lying in bed.

I'm tired all the time forgetting most things  
Aching joints and dizziness is what daytime brings  
I can't decide when to bring this matter up  
But are you sure I'm a schizophrenic bulimic? \*hiccup\*

It might be the morphine patches I'm masticating.  
But several times a night, I'm up and urinating  
It could of course be a holiday that I am lacking...  
A cheque doctor, are you sure? I best start packing!\*

\*Note; this submission was received before an Icelandic volcano brought the world to a halt!

### It's all relative

Things relatives are good at doing

- 1) Sleep Questionnaires
- 2) Carrying medication
- 3) Providing transport
- 4) Pushing wheel chairs
- 5) Holding coats
- 6) Translating
- 7) Tissue response
- 8) Standing up
- 9) Remembering medication
- 10) Vocalising Dates Of Birth

Suffocation; buy me a playstation & **Innuendo** for my Nintendo. I just don't know what you mean...

Face forwards

**BLOW!**

Put your lips around the flange

Is your tongue in the hole?

Squeeze until your eyes pop out

Did you come with anyone today?

If you cough, don't swallow it

How many puffs do you take?

Apart from with your hands, how do you feel in the morning?

Are you ready to enter my bodybox?

Are you quite active?

### Discombobulated Badger

If I was a gastroentriologist would I die on my arse?  
How are you spelling 'keh-tar?'  
Wii Fit does not count as exercise  
BMI should be taxable  
How do you solve audible wees?  
What do BT and TB have in common? Both thrive in poverty  
Everyone likes a good gag  
Is the Michelin Man hyperinflated?

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## Prize Crossword

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Congratulations to **Hannah Tighe** of Hammersmith Hospital, who is the winner of the last Crossword.

That book token is winging its way to you.

Many thanks to Physiological Measurements Ltd for sponsoring the last crossword and offering a £20.00 book token for the winner.

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[www.artp.org.uk](http://www.artp.org.uk)

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