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“Short and Sweet”

Editors Welcome

Happy new year to all. I trust the festive season was good to you and that a well deserved rest was enjoyed by all.

It was certainly been an interesting start to the year. A Polish friend of mine was amazed how quickly the country comes to a halt in the snow. This same friend did have to rescue me from Asda one evening as whilst I was shopping the bus service had been suspended. (Tip of the week; everyone should have at least one friend that can drive in the snow!) But now, as the snow melts away and normal services have been resumed it is time to face the challenges of 2010.

Over the Christmas period, eXhale has been on a diet. It is looking a little malnourished this month but with the festive period and the snow chaos, there has been little development or news generated.

The RCCP newsletter was also released this month. Their newsletter had not been so lean over the festive times. The newsletter contained lots of updates on all the expected topics. There is a summary of the newsletter in eXhale this month.

I need to apologise to everyone who spent time on the crossword last month, too no successful conclusion. It came to my attention just before Christmas that there are multiple errors in not only the answers, but the clues also. This month, I started my T-total (until the conference resolution), so I was entirely compus mentis during the design of this months. Although it seems to take longer in those circumstances....

I would encourage people to submit articles to eXhale this year. As this is **our** newsletter, for **our** profession, I suggest that **we** write it and develop it together, as a professional body. If people are reluctant to submit articles, I will approach 2 departments a month (plus a lab in focus lab) to invite them to submit an article for publish. There are no limits, no rules and no guidelines for writing for eXhale. Write anything you want. You don't have to be an experienced, senior physiologist either. In fact, articles are encouraged from all levels on anything you want to write about.

It can't be that bad. They let me do it every month (ish).....

The Conference Countdown

Can you believe in two weeks' time we will be in the thick of conference so I thought I would drop you a quick reminder of some important issues regarding the more social side of the conference.

Thursday night will take on a slightly different format. Professor Sue Hill, Chief Scientific Officer has kindly agreed to come along to the conference to answer any concerns that delegates may have over the proposed Modernising Scientific Careers Programme. We have incorporated into the programme a session between 18:30 and 19:00 when you can put your questions directly to Sue. We would however ask that if you have any specific questions in advance, that you forward them to me or drop them to the registration desk before 17:00 on Thursday 28th January to ensure answers are forthcoming.

Immediately following this session at 19:00, complimentary dinner will be served around the exhibition space for all registered delegates, speakers and exhibitors. 19:45 sees the commencement of the ARTP AGM and all members should try to attend. At 20:30 take your seats for the ARTP's Got Talent Event. We are desperately looking for additional acts, so if anyone out there would like to 'perform' please drop me a line ASAP.

The gala dinner this year will take the form of a Masquerade Ball. Don't forget to bring your masks and it will be a black tie event so a chance again to wear your 'posh frocks' and dinner suits. A drinks reception will take place at 7.15 in the hotel bar followed by dinner at 8 pm. Tables cannot be reserved in advance and no-one will be allowed into the main dining area until dinner is announced. There is plenty of room for all so please relax and enjoy. We have a wonderful after dinner speaker who will entertain you before the disco which will run until 1.30 am. During the dinner, there will be an awards ceremony where students will receive their National Assessment Certificates and special awards will be distributed for those who have been nominated as providing exemplarity service to respiratory medicine. The awards for the manufacturers will also be handed out as voted for by the ARTP membership.

Can I remind everyone who has signed up for a lunchtime or early evening workshop that it is really important that you do attend as many people have not been fortunate enough to secure a place. If for any reason you do not wish to take up your place, can you please advise us prior to the conference so that your place can be reallocated. For those of you attending lunchtime workshops, your lunch will be served in your workshop room so you do not need to join the queues in the main conference area.

One final point is to remind anyone driving to Heathrow that they will need to pay the parking charge directly to the hotel. ARTP have no responsibility for these charges.

Thank you for registering for the conference and myself and my team look forward to welcoming you to Heathrow. If there is any help we can provide in the run-up to the conference then do let us know.

With kind regards

Jackie

Lab in Focus – Respiratory Function Laboratory, Gartnavel Hospital, Glasgow

Situated in the west of the city of Glasgow, Gartnavel General Hospital offers a broad range of medical and surgical specialties, supported by an eight-theatre inpatient operating department.

It is also home to the Beatson west of Scotland Cancer Centre which is the lead centre for the delivery of non-surgical cancer care for the West of Scotland, the Brownlee Centre for communicable diseases and the home of the West of Scotland Adult CF Unit.

Gartnavel hosts one of the largest respiratory departments in the country and is staffed by 11 physiologists, 3 assistant physiologists and a full time receptionist providing physiological measurements for 8 Respiratory Consultants. The staff also cover labs at both the Western Infirmary in Glasgow and Golden Jubilee National Hospital in Clydebank, which is home to the West of Scotland Heart and Lung Centre. This is also the home of the Scottish pulmonary vascular unit.

Across the 3 hospital sites, we offer a large range of respiratory function tests, from Spirometry (including a GP outreach service), full PFTs, a large range of respiratory muscle function tests, capillary blood gas, provocation testing, fitness to fly assessment and cardio-pulmonary exercise testing.

Our Senior Chief Physiologist, Heather Ambler, has been with the department since the late 70's and along with Dr. Patel, the lead sleep consultant at the time, created Gartnavel General Hospitals sleep centre, which has now grown to be one of Scotland's largest sleep centres.

The Sleep Centre features 2 dedicated beds for inpatient sleep studies and offers a large range of sleep investigations, including overnight oximetry and capnography, Polysomnography, Multiple Sleep Latency Testing and Maintenance of Wakefulness testing.

Our sleep service also offers CPAP therapy and Non-invasive ventilation services with over 2000 successfully treated patients at this time. These patients are reviewed at physiologist-led clinics.



Heather Ambler, Laura Lewis
Duncan Macfarlane, Darren Ramsay



Steven Haire, Aileen Brown, Chris Canavan

Electronic Staff Record – Update to Coding for all HSC Staff

You may have already received and completed a form for your Trust /SHA about reviewing ESR (electronic staff record) coding for your staff.

ARTP Exec has reviewed the list of codes that may apply staff that work in respiratory/sleep physiology. The list is confusing with too many job titles/roles, there is duplication and they even spelt respiratory incorrectly!

If you have yet to fill in one of these forms, we have simplified the table of codes, and would be grateful if you could use a code from the table below.

Staff type/area of work	Code	1st character	Classification 1	Classification 2	Classification 3	Classification 4
Clinical Physiologist (Respiratory) Healthcare Scientific Staff	T4K	T	Healthcare Scientific Staff	Clinical Physiologist	Respiratory	Practitioner
Clinical Physiology (Respiratory) Assistant/Associate	T7K	T	Healthcare Scientific Staff	Clinical Physiologist	Respiratory	Associate/Assistant
Clinical Physiology (Respiratory) Trainee	T8K	T	Healthcare Scientific Staff	Clinical Physiologist	Respiratory	Trainee
Clinical Scientist (Grade A or B) Respiratory	T1K	T	Healthcare Scientific Staff	Clinical Scientist	Respiratory	Practitioner
Clinical Physiologist (Respiratory/Cardiology) Healthcare Scientific Staff	T4H	T	Healthcare Scientific Staff	Clinical Physiologist	Resp/Cardio	Practitioner
Clinical Physiology (Respiratory/Cardiology) Assistant/Associate	T7H	T	Healthcare Scientific Staff	Clinical Physiologist	Resp/Cardio	Associate/Assistant
Clinical Physiology (Respiratory/Cardiology) Trainee	T8H	T	Healthcare Scientific Staff	Clinical Physiologist	Resp/Cardio	Trainee
Clinical Physiologist (Sleep Studies) Healthcare Scientific Staff	T4M	T	Healthcare Scientific Staff	Clinical Physiologist	Sleep	Practitioner
Clinical Physiology (Sleep Studies) Assistant/Associate	T7M	T	Healthcare Scientific Staff	Clinical Physiologist	Sleep	Associate/Assistant
Clinical Physiology (Sleep Studies) Trainee	T8M	T	Healthcare Scientific Staff	Clinical Physiologist	Sleep	Trainee
Clinical Scientist (Grade A or B) Sleep Sciences	T1M	T	Healthcare Scientific Staff	Clinical Scientist	Sleep	Practitioner
Sleep Physiologist (Consultant Clinical Scientist)	TAM	T	Healthcare Scientific Staff	Clinical Scientist	Sleep	Practitioner
Sleep Physiologist Manager	TOM	T	Healthcare Scientific Staff	Clinical Manager	Sleep	Manager

I am grateful for your support in doing this, as this data is used for workforce planning (including Modernising Scientific Careers) and service commissioning and accurate data is therefore required. The MSC workforce group acknowledge that their current data is far from perfect and the need for better data

Many thanks. Martyn Bucknall, Acting Chair, ARTP

January has seen the first newsletter of the year be released by the RCCP. Below is a short summary of its contents.

- **Renewals** All registrants will receive a letter shortly regarding the 2010 renewal. When you receive your notice please make sure you inform the RCCP of any change of details.
- **Campaign update** In July, the Department of Health published a joint statement by the four UK Health Departments which said that the regulation of clinical physiologists would be in place by 2011. It is clear that the discussion has now moved away from *whether* regulation should be in place towards *when* regulation will be in place and *what* it should look like. However, we remain very concerned that, although a programme board and steering group are now in place, little more has happened and we are fearful that regulation will not happen as quickly as we were initially led to believe.
- **Modernising Scientific Careers Programme** RCCP registrants inform us that they have growing concerns about the implementation of MSC and the structural changes imposed to the educational and career training pathways, as well as titles that accompany them. However, and given PBEC's role, the RCCP obviously has a clear interest in MSC, not in the least because of its impact on statutory regulation. We have therefore formally written to the CSO making clear our concerns around these issues and we are currently still awaiting a formal response.
- **Healthcare Science Awareness Week 2010** Healthcare Science Week 2010 will take place during National Science and Engineering week 12th -21st March 2010. The Department of Health is encouraging all health professionals to get involved in Healthcare Science Week to raise the profile of their professions to patients and other healthcare professionals.
- **NHS Bursary Scheme** The RCCP submitted a response to the Department of Health's *Supporting Our Future NHS Workforce* consultation on the NHS Bursary Scheme. In its response, the RCCP made clear its support for the overall aims of the Bursary Scheme which supports 90,000 students who are currently completing NHS funded pre-registration healthcare education. However, we expressed our disappointment that the Bursary Scheme, despite providing funding for audiologists, does not include funding for the education of healthcare professionals from across the other four Clinical Physiology disciplines.
- **Political Engagement** The RCCP will continue to update its Parliamentary supporters both in Westminster and in the devolved institutions on the progress made toward regulation. In addition, the RCCP will continue to engage with the Conservative Party which, certainly based on current polling, is very likely to form the next Government. A clear message of support from the Conservative Health team around the need for urgent regulation for the profession will therefore be a key campaigning objective of the RCCP in the next few months.

Although not currently uploaded, the complete newsletter will be available to read shortly on the RCCP website; www.rccp.co.uk

BTS Recommendations

ARTP have received the amended version of the Managing passengers with respiratory disease planning air travel, British Thoracic Society recommendations.

These have been reviewed by the Air Travel Working Party, Professor S Ahmedzai, Dr IM Balfour-Lynn, Dr T Bewick, Dr R Buchdahl, Dr R K Coker (chair), Dr ARC Cummin, Dr D Gradwell, Dr L Howard, Dr J A Innes, Dr A O C, Johnson, Mr E Lim, Dr Wei Shen Lim, Dr K P McKinlay, Professor M R Partridge, Dr M Popplestone, Dr A Pozniak, Dr A Robson, Dr C L Shovlin, Dr Dinesh Shrikrishna, Dr Anita Simonds, Mr Peter Tait, and Dr M Thomas.

This document is currently out to consultation and ARTP have been asked to review and endorse this document.

Please can I ask you to read and feedback any comments, which I will then collate and feed back to the British Thoracic Society?

The deadline is 1st March, but if I could have any feedback (chair@artp.org.uk) by 22nd Feb, that would be appreciated

The consultation document can be downloaded from the ARTP website.

Best wishes and many thanks

Martyn Bucknall
South London Healthcare NHS Trust
Acting Chair , ARTP

Riddle; Just for fun

Can you guess what I am???

Three parts of a cross and a circle complete,

Two semi-circles a perpendicular meet,

A triangle standing on two feet,

Two semi-circles and a circle complete?

Answer in the next eXhale.



Calling all healthcare scientists

Healthcare Science Week 2010

March 12-21

Put it in your diary

The Chief Scientific Officer needs YOU

to support Healthcare Science Week by:

- enthusing
- inspiring
- helping
- informing



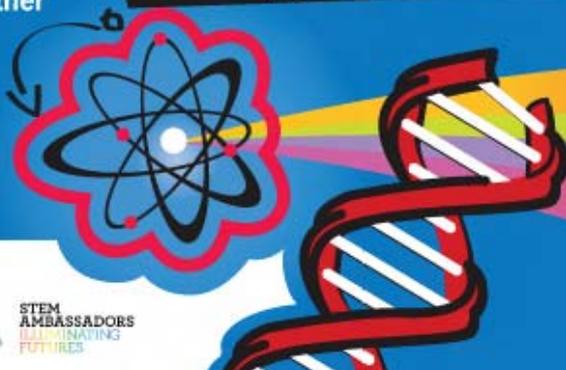
Please....

tomorrow's healthcare scientists

- register as a Healthcare Science Ambassador at www.stemnet.org.uk and help us to engage with local schools for the 'Diagnose It' competition
- put up posters or give a lunchtime talk to other health professionals
- tell patients how important you are!

Diagnose it!

Get involved - email us now at diagnoseit@dh.gsi.gov.uk



If you have signed up to be part of this, please e-mail eXhale@artp.org.uk, as it will be interesting to write about peoples experience of this. Thank you.

ERS Abstracts

A quick reminder to all, the Abstract submission, for the ERS in Barcelona is February 25th 2010.

ERS travel bursaries are available for Assembly 9 – tick the box on the submission form.

ARTP ERS travel bursaries are also available.

Click this link to the congress <http://www.erscongress2010.org/index.php>

ARTP has moved Home

Please remember, as of the 2nd January 2010 the registered and correspondence address for ARTP has changed to;

ARTP,
Executive Business Support (EBS),
City Wharf,
Davidson Road,
Lichfield,
Staffordshire WS14 9DZ

ARTP Grants

Recurring Grants

The commitment to an article for *Inspire* before or after the event is a requirement for application.

Approval for grants is via the ARTP Executive Committee.

Meetings Deadline for Travel Grants

BTS Summer Meeting	(2 @ £250)	1st April
ERS Meeting	(3 @ £400)	1st June
BTS Winter meeting	(2 @ £250)	1st October
ARTP Conference Grants	(10 @ £250)	1 st December

A [Travel Grant Application Form](#) which contains more details can be downloaded here.

ARTP members who have received educational grants in the past are [listed here](#).

Enquiries about bursary applications should be directed to: travelgrant@artp.org.uk or the [ARTP Administrator](#)

ARTP Course Grants

Additional funding in the form of TEN bursaries of 25% of the course fee are available to attend the ARTP Courses.

[For more details click this link](#)



REMINDER!!



ARTP ANNUAL CONFERENCE 2010

28th – 30th January 2010

Park Inn Hotel, Heathrow

Registration fees (accommodation extra)

	<i>Early full delegate</i>	<i>Late full delegate</i>	<i>Thurs Only</i>	<i>Fri Only (incl gala dinner)</i>	<i>Fri only (excl gala dinner)</i>	<i>Sat only</i>
<i>ARTP Member</i>	<i>£170</i>	<i>£200*</i>	<i>£80</i>	<i>£110</i>	<i>£80</i>	<i>£40</i>
<i>Non-Member</i>	<i>£215</i>	<i>£245*</i>	<i>£125</i>	<i>£185</i>	<i>£125</i>	<i>£50</i>
<i>ARTP Student Member</i>	<i>£140</i>	<i>£170*</i>	<i>£60</i>	<i>£100</i>	<i>£60</i>	<i>£30</i>
<i>Student Non-Member (early and late includes ARTP Membership up to 1/5/10)</i>	<i>£170</i>	<i>£200*</i>	<i>£90</i>	<i>£130</i>	<i>£80</i>	<i>£40</i>

*** Late registration supplement applies to registrations received after 31/12/09**

Conference programme includes:

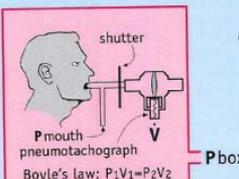
- Theme – “Flying Higher & Higher”
- 2 Sleep Plenary Sessions including “OSA or OSAS – Who Is Fit to Drive” by Professor John Stradling
- Interesting, educational and entertaining view of exercise including talks by Dr John Carlisle, Mr Joseph Marzouk and Dr Sandy Jack
- Don't forget the date for Abstract submissions is **30th October 2009**.
- Each accepted Abstract lead author will receive a £50 voucher to be used towards ARTP Courses and Conferences
- Authors chosen to give a spoken presentation will receive a £100 voucher to be used towards ARTP Courses and Conferences
- The best poster, regardless of category, will also receive a special prize awarded during the Gala Dinner
- Get your “thinking caps” on as we are looking for nominations for the ARTP Awards for Services to Respiratory Measurement.
- 2 awards presented – one to a medic or physiologist/scientist; the other to a physiologist/scientist
- Don't forget nominations should include why this person is nominated and should be supported by two other ARTP members from outside the nominator's department.

SEND IN YOUR REGISTRATION FORMS WITHOUT DELAY TO AVOID DISAPPOINTMENT!!!

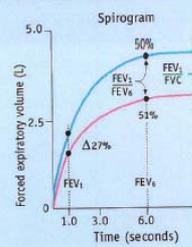
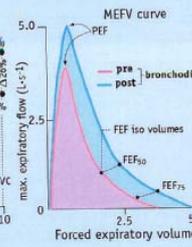
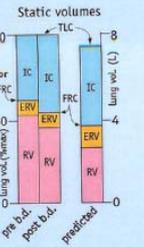
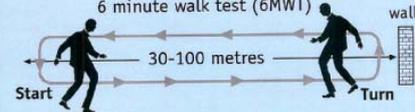
a new book

JMB HUGHES

Physiology and Practice of Pulmonary Function



P mouth
shutter
pneumotachograph
Boyle's law; $P_1V_1=P_2V_2$ P box

6 minute walk test (6MWT)
30-100 metres
Start Turn wall

Foreword: Neil Pride
Illustrator: Doig Simmonds

Published by the Association for Respiratory Technology & Physiology



Special Price of
£19.95 for ARTP
members and 24.95
for non members

Professor Mike Hughes will be at the ARTP Conference,

Professor Mike Hughes

Emeritus Professor of Thoracic Medicine Hammersmith Hospital campus, and at National Heart and Lung Institute (NHLI), Imperial College, London.
Mike Hughes trained with John West, Jere Mead and Moran Campbell, and was a colleague of Neil Pride at Hammersmith Hospital from 1969 to 1996.
His clinical and research interests are pulmonary physiology, lung function, gas exchange, the pulmonary circulation and radioisotope studies.

This book describes the patho-physiology of the respiratory system. It explains the physiological basis of adult lung function tests and their application in Clinical Medicine.

There are 18 chapters (323 pp), 87 tables, and 79 specially prepared figures (27 in colour). Topics covered include:

- Spirometry and maximum expiratory flow.
 - Bronchial challenges.
 - Lung volume and airway resistance.
 - Respiratory muscles.
 - Transfer factor [TLCO, KCO].
 - PaO₂, SaO₂, PaCO₂, pH: respiratory failure: O₂ therapy
 - Exercise (field and laboratory tests).
 - Breathlessness and breathing control.
 - Sleep disordered breathing: non-invasive ventilation.
 - Pulmonary function in Obstructive, Restrictive and Vascular diseases.
- Sections on Reference values, Interpretation of results, Good laboratory practice, Health and Safety and Education and Training give guidance for those working in, or supervising, Pulmonary Function Laboratories.*

Neil Pride is Emeritus Professor at Hammersmith and Royal Brompton Hospitals, and at NHLI Imperial College, and past President of the British Thoracic Society. He has a world-wide reputation for his work in respiratory mechanics and COPD.

Doig Simmonds retired Head of Medical Illustration at Hammersmith Hospital, he has written several books on computer graphics for presentations and publications in medicine. He has cooperated with Mike Hughes on two previous books.

Association for Respiratory Technology & Physiology

October

055 2420

Friday 29th January, he is delivering the Key Note Lecture
There will also be a chance to meet Mike Hughes and
purchase the book at his Book-signing session after this
lecture.

Badgers Bits

Unfortunately, badger has been baited this month. Hopefully, he will be back for next month. It is believed a cardiologist may have been responsible.



Forthcoming ARTP Education and Events - 2010

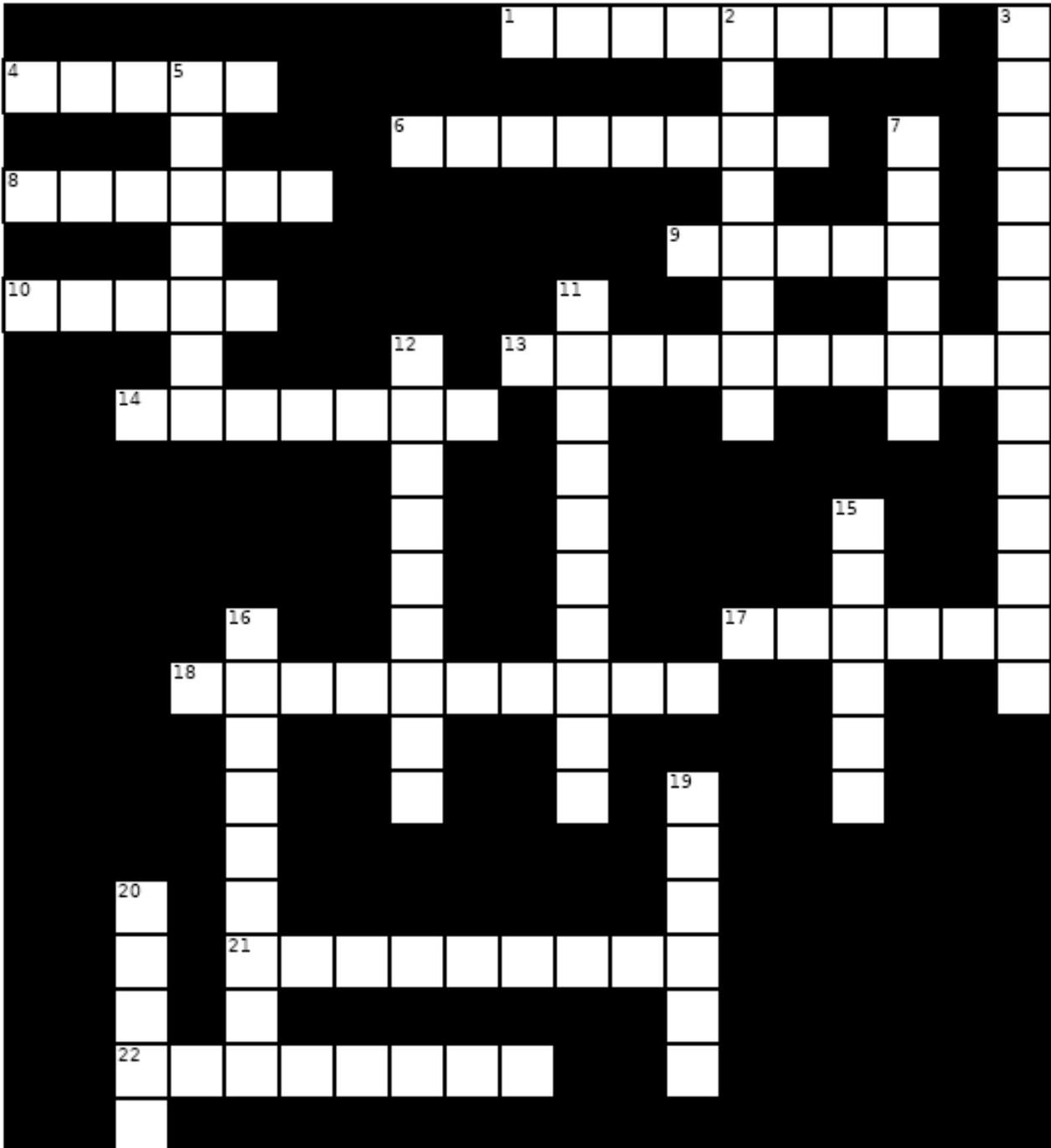
- ARTP Annual Conference 2010 Jan 28th-30th Heathrow
- A Practical Guide to Improving the Quality of COPD Services Looking Forward to the National Clinical Strategy Jan 12th London
- ARTP Spirometry Course Jan 7th & 14th Nuneaton
- ARTP Spirometry Course Jan 14th & 15th London
- ARTP Spirometry Course 25th & 26th Glamorgan
- ARTP Spirometry Course March 1st & 2nd Brompton
- ARTP Spirometry Course April 22nd & 23rd Glamorgan
- ARTP Spirometry Course June 7th & 8th Brompton
- ARTP Spirometry Course July 8th & 9th Glamorgan
- ARTP Spirometry Course Sept 6th & 8th Brompton
- ARTP Spirometry Course Nov 11th & 12th Glamorgan
- ARTP Spirometry Course Nov 29th & 30th Brompton

Prize Crossword



Physiological
Measurements Ltd.

Last months crossword puzzle has been rolled over due to the last crossword being impossible because of grammatical errors. I would like to congratulate the people who did figure out that all the spaces had been left between the crossword answers. I'd like to give you a prize, but there is no greater prize than self praise!!



- | | |
|--|---|
| <p>Across</p> <p>1 The only animal known to have no pleural space</p> <p>4 The bigger lung of the two</p> <p>6 Which type of Stress Testing ECG System that PML offers is PC-based and allows you to scroll back during an examination of a patient? (8)</p> <p>8 Where is PMLs flagship demonstration Quark CPET and Quark PFT lab? (1st word; 6)</p> <p>9 The normal amount of air displaced between normal inspiration and expiration when extra effort is not applied (1st word; 5)</p> <p>10 Hair like projections on the respiratory epithelium.</p> <p>13 What is the name of the desktop product that Physiological Measurements distributes uses for V02 Max Testing? (2 words; 7,3)</p> <p>14 The Fitmate Med is used by PML in the Sport and Exercise setting to assess which type of fitness? (7)</p> <p>17 Name the company who are world leaders in manufacturing spirometers, pulmonary function and exercise testing equipment, which PML are UK distributors for? (6)</p> <p>18 Produced by alveolar type II cells.</p> <p>21 This vessel carries deoxygenated blood to the lungs (1st word; 9)</p> <p>22 This vessel carries deoxygenated blood to the lungs (2nd word; 8)</p> | <p>Down</p> <p>2 Where is PMLs flagship demonstration Quark CPET and Quark PFT lab? (2nd word; 8)</p> <p>3 Waste product of respiration (2words; 6, 7)</p> <p>5 The type of cartilage that makes the C rings in the trachea?</p> <p>7 The normal amount of air displaced between normal inspiration and expiration when extra effort is not applied (2nd word; 6)</p> <p>11 What is the name of the spirometer which is directly connected to a USB port and turns any PC into a spirometer?</p> <p>12 Dome shaped thoracic muscle (9)</p> <p>15 Who produced the Track Doppler Disco for PML? (letters only, 6)</p> <p>16 Name the cardio-pulmonary exercise testing system PML distributes to accurately measure pulmonary gas exchange (2 words; 5,4)</p> <p>19 What is the name of Physiological Measurements Desk Top Spirometer? (2words; 4,2)</p> <p>20 Name the company which Physiological Measurements Ltd distribute Stress Testing ECG equipment for. (5)</p> |
|--|---|

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

If other companies would like to sponsor future puzzles, please contact exhale@artp.org.uk

Please can completed entries be sent to Kimberley Jenkins, Exhale Editor, exhale@artp.org.uk by 1st February 2010. Entries can also be snail mailed (or posted) to Kimberley Jenkins, Lead Respiratory Physiologist, Ward 14, Milton Keynes NHS Foundation Trust, Eaglestone, Milton Keynes, BS16 3SN.

Please include your name, and contact details. Entrants must be paid up ARTP members and not on the ARTP Editorial committee.

The winner will be drawn at random on 1st February 2010 and the winner notified.

www.artp.org.uk

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