



Inside this Issue:

- Editors Welcome
- ARTP – I'm a celebrity
- Prof. Mike Hughes book signing
- Lab in Focus
- November Update of MSC
- Electronic Staff Record
- National Strategy for COPD
- NICE COPD update 2010
- Important news
- ARTP Grants
- Conference
- New Testament
- Badgers bits
- Forthcoming ARTP Education and Events
- Crossword

## ***“Merry Christmas and a Happy New Year”***

### Editors Welcome

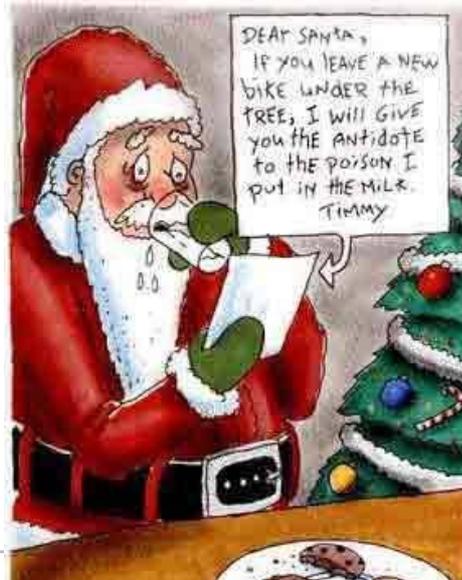
Firstly, I would like to express my thanks to all those that have contributed to this edition., people have contributed to this publication more than any other newsletter this year. As always, I strongly encourage members of the ARTP to contribute. After all, this is your newsletter, for members of your professional body.

Well, it is the season of glad tidings and good will. A time to both celebrate and commiserate the year gone by and to embrace the challenges that a new year will bring. During this time respiratory medicine is being pushed to it limits. Remember though, we may not be able to sneak off early and enjoy a Christmas pint but the people who are thrust upon us as ‘urgent’, at about 16.55 on a Friday afternoon are actually very glad that we are there to help them – despite their objections to our diagnostics.

This year the ARTP, and its members have accomplished many great things. research projects, primary care guidelines, published academic texts, internet site developments, patient information developments, advising on national standards..... all these things have been influenced by members of the ARTP. And as one very productive year comes to an end, a very active one begins.

2010, Chinese year of the Tiger (characteristics are listed as short-tempered, suspicious, sensitive and emotional), are said to be adventurous and risk-taking. These characteristics will serve us well through 2010. This is going to be an adventurous year with the MSC being rolled out, and maybe even the RCCP register being formally adopted, at last. A general election may bring about monumental changes to the field of respiratory medicine and the NICE updates and National Strategy for COPD being developed will influence not only our work at a local level but will also have implications on the work we do as an organisation. The looming financial trouble of the NHS is predicted to be felt hard this year to.

One thing that we can be sure of though, whatever comes our way in 2010, as both a collective and individuals we will be ready and embrace it, as long as it is for the good of our patients and profession alike. If not, were sending in the senior members to sort them out!!! And remember, there is always more than one way to get what we want....



---

## **ARTP - I'm a Celebrity!! Get me out of this Plethysmograph!!!**

---

This month, work began by the ARTP patient information group to produce video clips of procedures for the new website and for the e-learning courses the ARTP are too offer.

Members of the ARTP, Karl Sylvester, Tracey Flemming and Matt Rutter were involved in making the clips and feature through out the demonstrations.

They managed to record video clips of;

- Good and bad spirometry technique
- Gas transfer
- Helium dilution
- Respiratory muscle strength
- Plethysmography
- 6 Minute walk tests
- Incremental Shuttle Walk
- Arterial Blood Gas



The next step is to edit these recordings, which is to be done at Addenbrookes on the 16<sup>th</sup> December.

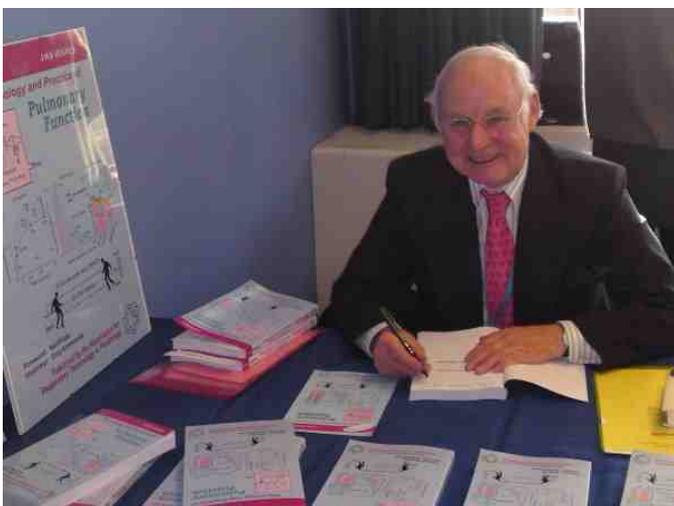
---

## **Prof. Mike Hughes Book Signing**

---

Prof Mike Hughes, had an official book launch on Friday 4<sup>th</sup> December, at the winter BTS. This was attended by many renowned clinicians, scientists and physiologist as well as his family members.

After rearranging the room, and attempting to not smash 200 glasses, the stage was set. Then, on the 5<sup>th</sup> floor of a London building, overlooking Westminster in London Martyn Bucknall, Brendon Cooper and Mike Hughes each gave a short speech, before Prof. Mike Hughes signed copies of his text.



The book is published by ARTP, is entitled 'Physiology and Practice of Pulmonary Function' and there should be a copy on every lab's shelves.

For more information on the content see the advert later in this issue and the ARTP website.

There is a similar launch planned to occur at the ARTP conference where Prof. Mike Hughes will also be a key note speaker.

## Lab in Focus – Respiratory Function Suite, Poole Hospital

Poole Hospital is a 789 bed hospital providing care for a population of over 700,000 people in East Dorset. The Respiratory Function Suite is situated within the Cardio-Respiratory Department. Although we share a department with our Cardiac colleagues, the Respiratory Function Suite has become much more independent in recent years.

We have recently expanded into two adjacent rooms dedicated to respiratory investigations. In addition we have a room in the outpatients department providing a walk-in spirometry service. We are staffed by 2 full-time respiratory physiologists, a student physiologist, and a respiratory ATO. We work closely with a team of doctors lead by 3 Respiratory Consultant, and the Poole Outreach Respiratory Team (PORT).

Just a couple of years ago we only provided a range of the core respiratory investigations: spirometry (+/- reversibility to salbutamol and/or ipratropium); lung volume measurement by helium dilution; single-breath transfer factor; and the occasional histamine challenge and LTOT assessment. With an increase in staffing levels and working space we have been able to add more investigations to the list. These include: ambulatory oxygen assessments; 6-minute walk tests; skin prick allergy testing; exercise-induced asthma challenges; overnight oximetry; sitting/supine spirometry; and maximal mouth/nasal pressures.

Our workload has increased recently in line with our expansion and pressures to remain within waiting time targets. We currently see about 160 outpatients and 20 inpatients per month. Although we aim to introduce new diagnostic tests in the future we are still optimising the services we currently provide.

We have made good progress in improving our oxygen assessment service, despite numerous set-backs involving equipment supplier, indemnity and funding (or lack of) issues. However, we are a victim of our own success, since any increases in capacity we have achieved have been matched by an increase in demand. Further refinements of the service are still planned.

In what little free time is available we are preparing a spirometry training program. This will begin shortly and aims to improve and standardise the manner in which spirometry is performed throughout the hospital. We have also been attempting to integrate our test results on to our Electronic Patient Record (EPR) system. As this requires co-operation and communication between several hospital departments (e.g. IT, information governance, and finance) and the various equipment manufacturer's it's perhaps not surprising that progress is rather slow.



[Deben Harris](#)  
[Respiratory Physiologist](#)  
[Respiratory Function Suite](#)  
[Cardio-Respiratory Department](#)  
[Poole Hospital Foundation Trust](#)

---

## **November Update on Modernising Scientific Services (MSC)**

---

(Prepared by Trefor Watts)

This is the 1<sup>st</sup> in a series of articles updating the membership on MSC developments. A number of ARTP members have been involved in the various meetings.

As you will recall the MSC Consultation document was published in 2008. Over 800 comments from individuals and professional groups such as ARTP were received and they are still being analysed with the latest date for publication being December 2009.

Even without this a number of Curriculum Developments events have taken place in June and July 2009 which have involved the ARTP (Brendan Cooper, Julie Lloyd and myself). During these 3 sessions various snippets of change to the proposals were mentioned. The main purpose of these meetings was to develop output specifications for both the practitioner (PTP) and scientist (STP) training programmes. Detailed curriculum design for both the academic and vocational elements of any future training have not been undertaken with the professional bodies.

The proposal remains to link Respiratory (with sleep) and Cardiology together with the possibility of vascular. (The other linkage in Physiological Sciences is Neurophysiology, Audiology and Vision Sciences). This has caused major concerns with all professional bodies and seriously dilutes the amount of specialist discipline material that can be delivered in any programme.

In October 2009 a HEFCE (Higher Education Funding Council for England) document was published announcing additional full time degree places in which a BSc in Clinical Physiology is specifically mentioned. These additional places will be available for October 2010. The turnaround time for Universities to bid for these places was extremely short. Expressions of interest were required by the end of October with a more detailed submission by the end of the year. Because of this development a large amount of discussions have and are continuing to take place within ARTP, IPS (Institute of Physiological Sciences), SHAs etc. to determine how this will affect current well established training schemes.

So what does the ARTP do next?

- All members should find out locally (within trust or SHA) what is going on and report back so that we can build up a picture.
- There is likely to be an opportunity at the Chief Scientific Officers conference to debate MSC with Sue Hill
- A further Curriculum Development meeting is planned for the 8<sup>th</sup> December 2009.

The ARTP will attempt to keep you informed via the forum and exhale and also at the Conference at Heathrow.

A specific page on the Members Only section on the ARTP website has been developed to post information about MSC.

---

## **Electronic Staff Record – Update to Coding for all HSC Staff**

---

To inform Workforce Planning and linked to the Modernising Scientific Careers Programme the Workforce Planning Group are asking all Healthcare Scientists to make sure that their local trust records are correct.

For several years the most accurate workforce data for Respiratory Clinical Physiologists has been that gathered in the 2005 ARTP survey, other NHS & DH sources have been dramatically incorrect.

Please see the information in this letter [Electronic Staff Record Coding of HCS Staff](#).

---

## **National Strategy for COPD**

---

The Chronic Respiratory Disease – National Strategy (aka COPD NSF) is to be published soon. Whilst no date is yet confirmed the feeling is that something is about to happen – more so than I have seen in the last 18 months!! (Watch this space.....)

In the new year there will be a short consultation period of 12 weeks, with each of the 10 SHA's holding a meeting to discuss this. The ARTP encourage all members to attend and participate in the discussions.

Brendan Cooper  
DH Scientific Champion in Respiratory & Sleep Physiology  
Email: [Brendan.Cooper@uhb.nhs.uk](mailto:Brendan.Cooper@uhb.nhs.uk)

---

## **NICE COPD Update 2010 - consultation**

---

I have just been advised by NICE as the official ARTP link for the NICE COPD Guidelines that the latest consultation on COPD Guidelines is open for consultation to stakeholders. Please be aware that **ARTP has NOT had any representation** on the revision so far so we need your eyes and brains to pick up any glaring error or problems with them.

If you feed your comments, criticisms and changes back to me, I can then feed them back officially from an ARTP point of view. Even if you respond as representing your Trust/Respiratory team, please can you copy me on your comments? Collectively if we pick up any problems we will be able to change them. The consultation ends on **Tues 5<sup>th</sup> Jan 2010**.  
The link is:

<http://www.nice.org.uk/guidance/index.jsp?action=folder&o=46080>

Brendan Cooper  
DH Scientific Champion in Respiratory & Sleep Physiology  
Email: [Brendan.Cooper@uhb.nhs.uk](mailto:Brendan.Cooper@uhb.nhs.uk)

---

## COPD Day Event

---



The Milton Keynes Hospital Respiratory Team played a part in marking World COPD Day on Wednesday 18 November, by raising awareness of the disease and its symptoms.

They hosted an information and public health promotion stand at the Trust's main reception, as well as performing opportunistic spirometry. The event was also attended by several local footballers from the MK Dons.

In the picture, left to right, Vicki Maarman (respiratory nurse), Gill James (Milton Keynes Breathe Easy), Dr Kavidasan (Lead Respiratory consultant), Peter Hyde (smoking cessation advisor), Mark Baverstock (Advanced Nurse Practitioner) and Kimberley Jenkins (Lead Respiratory Physiologist).

The theme of this year's event was "Breathless not Helpless!", which communicated the positive message that effective treatments are available to help people who have been diagnosed with COPD feel better and live more active lives.

Mark Baverstock, Advanced Nurse Practitioner in Respiratory Medicine, said: "Visitors learnt about smoking cessation, nutritional advice, had their lungs tested and face-to-face discussions with respiratory specialists."

The day was an incredible success with approximately 80 spirometry performed, 7 patients identified and over a dozen people who have been referred to smoking cessation.

The stand was run in conjunction with the local Breathe Easy group.



(In the picture, Mark Baverstock performs spirometry on local football player, Paul Mitchell of the MK Dons)

---

## Important news – ARTP Change of Details

---

From 2nd January 2010 the registered and correspondence address for ARTP will be;



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



Thanks.

---

## 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

**Quick!!!!!!! Hot off the press;**

The deadline to apply for conference grants  
has been extended until the

**31<sup>st</sup> December 2009.**

Take advantage of this funding!!!!!!!

ARTP Conference Grants	(10 @ £250)	<del>1<sup>st</sup> December</del>
------------------------	-------------	------------------------------------

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](mailto: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**

**28<sup>th</sup> – 30<sup>th</sup> 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:

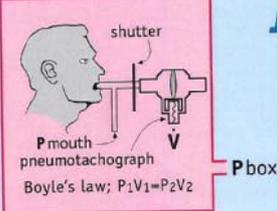
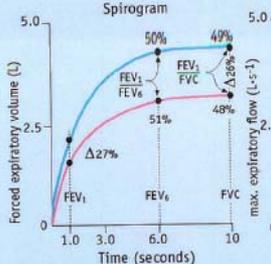
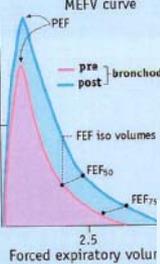
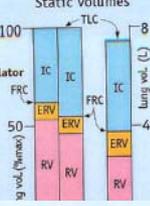
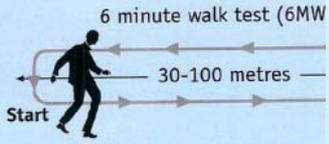
- Theme – “Flying Higher & Higher”
- 2 Sleep Plenary Sessions including “OSA or OSAS – Who Is Fit to Drive” by Professor John Stradling
- Interesting, educational and entertaining view of exercise including talks by Dr John Carlisle, Mr Joseph Marzouk and Dr Sandy Jack
- Don't forget the date for Abstract submissions is **30<sup>th</sup> 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!!!**

**JMB HUGHES**

**a new book**

**Physiology and Practice of  
Pulmonary  
Function**

**Foreword: Neil Pride**  
**Illustrator: Doig Simmonds**

**Published by the Association  
Respiratory Technology & Physio**

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

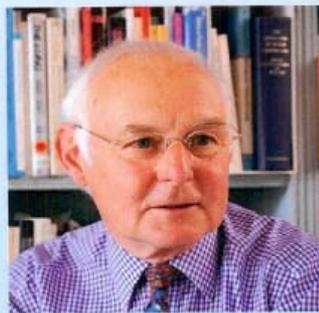


PHOTO: DS

**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 and Physiology**

October  
2009

Available from: [www.artp.org.uk](http://www.artp.org.uk)  
[admin@artp.org.uk](mailto:admin@artp.org.uk)  
0845 226 3062 or 0121 355 2420



- Why can't Neurophysiologists do Spirometry?  
*There's no brains.*
- Why can't Cardiac Physiologists do Spirometry?  
*There's no brains.*
- What's the difference between CJD and PMT?  
*One attacks the cow's brain, the other's a bovine agricultural disease.*
- How do you stop a Cardiologist from drowning?  
*Take your foot off their head.*
- What's the worst thing to give a brittle Asthmatic on their birthday?  
*Two birthday cakes.*
- When do you get 'scooping' AND 'decapitation'?  
*When you forget to turn the aircon on for Mr Whippy.*
- What did Barbie say when her boyfriend resurfaced out of the toilet?  
*A drain Ken trick!*
- What's black and white and read all over?  
*A mint humbug stuck in the gas analyser.*
- What's the difference between sucking and blowing?  
*One way valves*
- How many respiratory physiologists can you fit in a mini?  
*Depends on ambient conditions.*

## Forthcoming ARTP Education and Events

- |   |   |           |
|---|---|-----------|
| • ARTP Annual Conference 2010   | Jan 28 <sup>th</sup> -30 <sup>th</sup>    | Heathrow  |
| • A Practical Guide to Improving the Quality of COPD Services Looking Forward to the National Clinical Strategy | Jan 12 <sup>th</sup>                      | London    |
| • ARTP Spirometry Course  | Jan 7 <sup>th</sup> & 14 <sup>th</sup>    | Nuneaton  |
| • ARTP Spirometry Course  | Jan 14 <sup>th</sup> & 15 <sup>th</sup>   | London    |
| • ARTP Spirometry Course  | 25 <sup>th</sup> & 26 <sup>th</sup>       | Glamorgan |
| • ARTP Spirometry Course  | March 1 <sup>st</sup> & 2 <sup>nd</sup>   | Brompton  |
| • ARTP Spirometry Course  | April 22 <sup>nd</sup> & 23 <sup>rd</sup> | Glamorgan |
| • ARTP Spirometry Course  | June 7 <sup>th</sup> & 8 <sup>th</sup>    | Brompton  |
| • 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  |
| • 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  |

# Prize Crossword



Physiological  
Measurements Ltd.

A crossword puzzle grid with 25 numbered starting points for words. The grid is black and white. The numbers are: 1 (top row, 4th cell), 2 (top row, 5th cell), 3 (row 2, 1st cell), 4 (row 4, 1st cell), 5 (row 4, 5th cell), 6 (row 4, 7th cell), 7 (row 4, 9th cell), 8 (row 5, 10th cell), 9 (row 6, 8th cell), 10 (row 7, 7th cell), 11 (row 8, 3rd cell), 12 (row 8, 12th cell), 13 (row 9, 1st cell), 14 (row 10, 4th cell), 15 (row 10, 7th cell), 16 (row 11, 1st cell), 17 (row 11, 6th cell), 18 (row 11, 8th cell), 19 (row 11, 11th cell), 20 (row 12, 1st cell), 21 (row 13, 2nd cell), 22 (row 13, 7th cell), 23 (row 14, 4th cell), 24 (row 15, 1st cell), 25 (row 15, 11th cell).  
Images included in the puzzle:

- 1. Santa Claus's head (row 2, 1st cell)
- 2. An elf (row 2, 5th cell)
- 3. A Christmas tree (row 9, 1st cell)
- 4. A teddy bear (row 11, 1st cell)
- 5. Three Christmas stockings (row 13, 2nd cell)
- 6. A rolled-up scroll (row 13, 7th cell)

## Across

3. Dome shaped thoracic muscle.
4. What is the name of Physiological Measurements Desk Top Spirometer?
7. Referred to casually as the "Adams Apple".
10. The first, left and right, branching of the respiratory system.
11. Small blood vessels with thin walls to allow diffusion
13. Name the company who are world leaders in manufacturing spirometers, pulmonary function and exercise testing equipment, which PML are UK distributors for?
14. is PMLs flagship demonstration Quark CPET and Quark PFT lab?
15. The volume of air inhaled and exhaled in a minute.
18. Small muscles, located between the ribs, to facilitate breathing.
19. Name the company which Physiological Measurements Ltd distribute Stress Testing ECG equipment for.
20. The Fitmate Med is used by PML in the Sport and Exercise setting to assess which type of fitness?
21. Who produced the Track Doppler Disco for PML
22. Produced by alveolar type II cells.
23. Waste product of respiration.
24. Name the cardio-pulmonary exercise testing system PML distributes to accurately measure pulmonary gas exchange.
25. Runs down the back of the throat, encasing part of the digestive and respiratory system.

## Down

1. Hair like projections on the respiratory epithelium.
2. Flap of skin that stops chewed food getting lost.
5. What is the name of the desktop product that Physiological Measurements distributes uses for V02 Max Testing?
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. Smallest branches of the respiratory system.
9. Air travels through the nostrils into this area to be warmed and humidified.
12. Carries deoxygenated blood from the lungs to the heart.
16. The type of cartilage that makes the C rings on the trachea.
17. What is the name of the spirometer which is directly connected to a USB port and turns any PC into a spirometer?

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](mailto:eXhale@artp.org.uk)

Please can completed entries be sent to Kimberley Jenkins, Exhale Editor, [eXhale@artp.org.uk](mailto:eXhale@artp.org.uk) by 11<sup>th</sup> **January 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 11<sup>th</sup> January 2010 and the winner notified.



**WINNER**

Congratulations to Melisa Biggs of Southmead Hospital, who was the winner of the September/October Crossword.



---

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

The Association for Respiratory Technology & Physiology  
Suite 4, Sovereign House, Gate Lane,  
Boldmere, Sutton Coldfield, Birmingham, B73 5TT  
0845 226 3062  
[admin@artp.org.uk](mailto:admin@artp.org.uk).