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Editors Welcome

Hello all.

I hope no one is suffering from Olympic withdrawal symptoms.

I saw many patients during the 2 weeks of the Olympics and was amazed at the number of patients who regarded watching the Olympics as a form of activity! On more than one occasion, when asking a patient about their activity habits and exercise tolerance, they would reply “well, I’m watching the Olympics”. I found my self explaining that this answer is not too dissimilar to a fat/obese/heavy/increased BMI (*insert politically correct term here) person sitting in a weight watchers class whilst eating an entire birthday cake, and asking why they are not successfully losing weight, as they have paid their weekly meeting fee! I can’t even imagine what patients response to “do your legs or lungs limit your daily activity?” will be during the Paralympics!

Lots of little bits in the newsletter this time. Please take the time to look at the links and documents that are provided in the articles. There is always something to be learnt from a new source of information.

As always, I encourage people to submit their contributions to the eXhale newsletter. It can be funny, informative, serious, interesting or ridiculous. You will notice that there are no strict criteria for what will be published, as is generally reflected in the various issues available on the website!

I would encourage submissions and summaries from people who have attended various conferences such as the ERS, COPD 8 etc. It’s always good to share experiences and information with colleagues.

Enjoy the read.

ARTP Monthly Poll

The next monthly poll is ready for your collective input <http://www.artp.org.uk/en/members-area/surveys/monthly-poll.cfm>. Please make your choices as outlined or add your own thoughts opinions in the free text areas.

This month we would be grateful for your opinion with regards to sessions that would ignite your interest and enthusiasm at future ARTP conferences. Is there any subject, topic or presenter that you would like to see at future events?

In addition we would like you to have your say about evening entertainment at the ARTP conference. We have had varied entertainment over the years, some that will stay in the memory banks for years to come and others we would rather forget. No names will be mentioned.

If you have any other suggestions for future conferences then please send these to vicechair@artp.org.uk for consideration.

Is anybody having any trouble accessing these polls? Do you all have access to the members area of the website? If there any problems can you please let admin@artp.org.uk know and we'll try and get these sorted for you.

Best wishes

Karl

UK National Honour Nominations



National Honours Submissions now open.....follow in the footsteps of ARTP members Pat Mitchell and Angela Evans

"It would be great to have more Respiratory or Sleep Scientists honoured for their achievements during their careers.

Over to you - if you have a colleague who is "making a difference" and you feel their achievements in service delivery, innovation, patient care etc should be recognised on a higher level, please can I encourage you to nominate them for National Honours."

Martyn Bucknall - ARTP Honorary Chair

The date for submission is Friday 24th August for more information please follow this [link](#)

http://www.artp.org.uk/en/news/index.cfm/DH_Nominations



The IARS (Irish Association of Respiratory Scientists) has just released three excellent manuals covering standards for quality control, infection control and test procedures. These are a great resource which should be of benefit to all ARTP members. A big thank you to the IARS for all the hard work that has gone into publishing these manuals and for agreeing to share these with ARTP.

For more information and to download these manual please follow this [link](#), please note this resource is for ARTP members only

<http://www.artp.org.uk/en/members-area/resources/iars.cfm>

World Spirometry Day

Vitalograph lent their support to World Spirometry Day by supplying spirometers for use at lung testing events as far afield as Argentina and across the UK in York, Ulster and Much Wenlock. Hundreds of people were tested as part of a global initiative to increase awareness of lung health and disease, to encourage people to get their lungs tested and to motivate medical professionals to test as many people as possible worldwide.

Sunday 15th July 2012 World Spirometry Day comes to the 126th Wenlock Olympian Games

"This year with the London Olympics the WSD 2012 message was to be promoted more heavily than ever therefore members of the Cardiorespiratory department at Shrewsbury and Telford NHS trust and the Shropshire Community Health Team were supported by the Wenlock Olympian Society in providing free spirometry tests during the historical 126th Wenlock Olympian Games. Generous support was offered by Vitalograph UK in the form of provision of both the excellent Vitalograph Alpha spirometer and also the versatile COPD 6 monitor. The Wenlock Games are credited with re-inventing the current modern Olympic movement as it was Dr William Penny Brookes who shared his passion and ideas for the games with Baron Piere DeCoubetian the founder of the current modern Olympic Games back in 1890.

Over the course of the day, more than 100 members of the public completed spirometry tests with several people being offered referral to their GP for further investigation of airflow reduction however the majority of participants were competitors at the various athletic events during the Wenlock Games and were more interested in competing amongst themselves for the best FEV1 % predicted! The WSD testing event attracted games competitors from as far a field as Glasgow and London and all those who took part commented on how well the event was run and in particular how energetic and enthusiastic the team were. The younger competitors were particularly interested in the excellent Vitalograph mascot who was busy drumming up support and attracting a lot of attention for the WSD message!

Once again many thanks to all who took part and in particular to Vitalograph without whom the significant number of measurements obtained would not have been possible."

Nick John
Chief Respiratory Physiologist,
Princess Royal Hospital



Wednesday 4th July 2012 World Spirometry Day goes to the Races

On the Wednesday, prior to the summer BTS, the ELF organised a spirometry screening event. The original plan was for the event to be open to the public from 2.00pm to 4.30pm, but a typo in the local press meant that participants were arriving from as early as 12 noon. There were representatives from ARNS, ARTP, BLF and the local physiology unit present. The local smoking cessation service also was in support.

There was a fair amount of pre-event publicity and placing of stories and there had been some liaison between organisers and local employers and schools. As part of the event *Graeme Crane, Simon Finch and Tom Fardon* cycled down from Dundee to raise funds for BLF in Scotland and Northern Ireland, and were to arrive at the destination at about the same time as the screening event. Shoots/interviews were done to promote the healthy lungs message.

In total 72 tests were performed, with 11 abnormal results (15%). Our results were a bit skewed by a couple of people with known lung conditions coming along for a 'check-up'. The racecourse staff were our most loyal customers, as news spread about the event and they all wanted to come along, be tested and compare their scores.

The day was pretty steady and at no point did we feel like we were standing around aimlessly. It certainly felt well worthwhile



Graeme Crane, Simon Finch and Tom Fardon arriving at York

The cyclists, two of whom are respiratory doctors and one who works in the pharmaceutical industry, cycled to the British Thoracic Society conference in York to raise the profile of the importance of exercise and the lungs. The conference also had a public event offering free lung testing as part of the WSD campaign.

The ride was over 300 miles and involved over 20 hours in the saddle in difficult weather. So far the trio has raised over £1,000 and hope to increase the amount now they have completed the challenge.

Tom Fardon, a Chest Physician from Ninewells Hospital in Dundee, said: “We wanted to take on the challenge to raise money for the British Lung Foundation and highlight the importance of exercise and the lungs.

“I often treat people with chronic lung conditions who find the idea of exercise unappealing. Yet, it can have so many benefits by improving quality-of-life, easing respiratory symptoms and psychological benefits of spending time with others and enjoying new activities.

“Now we’ve completed this challenge, we hope as many people as possible will donate to our cause and help support people with lung conditions.”

ARTP Facebook

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

ARTP are pleased to announce that we now have a Facebook page. We will be posting events and news on the facebook page so if you have a facebook account please join us on facebook.

BLF OSA Charter

The British Lung Foundation has launched a ten-point charter that outlines what needs to be done to tackle obstructive sleep apnoea (OSA) in the UK. In order to minimise the effect this treatable condition has on the nation's health, the charter calls for improvement in key areas such as diagnosis and treatment for people living with OSA.

To download the charter please click here: [BLF OSA Charter](#)

For more information and to read the full press release please follow this link to the BLF website: <http://www.blf.org.uk/News/Detail/British-Lung-Foundation-launches-obstructive-sleep-apnoea-charter>

IQIPS July Newsletter

Improving Quality in Physiological diagnostic Services (IQIPS) is a programme hosted by Accreditation Unit of the Royal College of Physicians with support from the Department of Health. The IQIPS accreditation framework has been developed to improve, promote and recognise good quality practice in physiological diagnostic services across the eight physiology specialisms.

The July 2012 IQIPS (Improving Quality in Physiological diagnostic Services) newsletter is available for download: [IQIPS July Newsletter](#)

For more information on IQIPS please see the information page on the RCP website, see link below

<http://www.rcplondon.ac.uk/projects/IQIPS>

Obituary



Craig Jay Vivas

MT. SHASTA, CA - Craig Jay Vivas, 56 years old, formerly of Poughkeepsie, NY, died unexpectedly on June 13, 2012. The cause of death was an aortic rupture.

He was the son of Julio Vivas, now deceased, and Elizabeth Craigie Vivas; he was born December 28, 1955, in Chicago, IL. Where he lived for six years. After brief stays in Akron, OH and Wappingers Falls, NY, he settled with his family in Poughkeepsie. He attended Spackenkill schools, Dutchess Community College, SUNY New Paltz, and he earned a Masters degree in exercise physiology from Long Island University.

Craig worked as a cardio-pulmonary technician at St.Mary's Hospital in Brooklyn, NY, and subsequently in California and the Netherlands for companies which produced medical testing devices.

Having a strong social conscience, Craig was an outspoken advocate on issues of importance. He organized and participated in numerous community activities. He served as mentor for children in the Mt. Shasta area who were referred by the courts.

Craig had many interests: He loved skiing, both Nordic and Alpine, bicycling, kayaking, fishing, gourmet cooking, reading, acting, and music. An avid mushroom hunter, he was preparing a book about hunting mushrooms in the Northwest.

In March, 1987, he married Linda Houghton of California who survives him. Other survivors are his mother Elizabeth Vivas, Poughkeepsie, His sister Melissa Vivas, brother-in-law Jerome Kuhel, nephew Joseph Kuhel, and niece Isabel Kuhel, all of Brisbane, CA., his aunt Dalia Stern, Needham, MA and several cousins.

A time of memorial with his friends and family is scheduled for Tuesday, July 3, at 1:00 p.m. at his mother's home.

Published in the Poughkeepsie Journal on June 26, 2012

Reproduced from;

<http://www.legacy.com/obituaries/poughkeepsiejournal/obituary.aspx?pid=158223699>

National Strategy Day 2012

Dear Head of department

National Strategy Day for Leaders in Respiratory/Sleep Physiology

You are invited to attend this important national professional meeting on **Thursday 11th October 2012** which is taking place at the **Centennial Centre, Edgbaston, Birmingham** starting at 10.00am (coffee served from 9.30).

This meeting will provide you with updates and vital new information regarding changes taking place in the scientific workforce of the NHS with topics including Modernising Scientific Careers (MSC), an update from representatives of the AHCS, the RCCP, the National School for Healthcare Science and the Department of Health. The meeting also provides an opportunity to network with fellow colleagues and leading companies in these fields represented here as sponsors about the problems or issues facing your busy departments today.

If you would like to attend please return the attached slip confirming your attendance by Monday 24th September 2012.

 [National Strategy Day registration form](#)

[Download the National Strategy Day Agenda](#)

On behalf of the ARTP Executive Committee, I cannot emphasise enough how important it is for you (or a senior representative) to attend this crucial meeting. With the help of our sponsors who will have stands on the day, the meeting and lunch will be provided **free of charge to Head of Departments or their representatives**, but we must limit each hospital or department to one representative. To guard against non-attendance, a fee of £25 will be charged to anyone who books a place and then fails to let us know in advance if they are unable to attend.

I look forward to seeing you at this very important meeting.

Martyn Bucknall
Honorary Chairman, ARTP

For more information please visit the National Strategy day page on the ARTP website

<http://www.artp.org.uk/en/meetings/nat-strat-2012.cfm>

Respiratory News

Asthma inhalers will go on sale in supermarkets for the first time this month, allowing sufferers to get the medicine without seeing their doctor.

Asda said it would start selling blue reliever inhalers over the counter without prescription from Tuesday.

Customers over 16 will be able to buy two inhalers for £7.

The Department of Health said that medicines must be dispensed by qualified staff "in line with all legal requirements".

In England such items would incur a charge of £7.65 if obtained on prescription; in the rest of the UK prescription charges no longer apply.

There are two different types of inhalers, "relievers" and "preventers", available to the 5.2 million people in the UK who suffer from asthma.

Blue reliever inhalers - the ones Asda will be selling - contain the drug salbutamol and are used if someone is feeling wheezy or suffering an attack.

Preventer inhalers are taken twice daily to help keep asthma under control.

'Due care'

Faisal Tuddy, deputy superintendent pharmacist at Asda, said the service was designed to be easy and convenient but would be closely monitored.

"All of our pharmacists have been trained and know they mustn't sell the inhalers without due care," he said.

Dr Samantha Walker, executive director of research and policy at Asthma UK, said the scheme was interesting in principle but she was uncertain how it would work in practice.

She said: "We applaud anything that is going to help asthma sufferers but this new service has raised a few questions for us.

"Our main worry is people will overuse their inhalers when they know this service is available. If you use your inhaler too much you may end up in hospital."

Customers will be limited to two inhalers at a time which will have to last them eight weeks.

They will need to fill in a questionnaire about their condition before buying the medication.

Qualified pharmacists and an online doctor service will oversee the sale of the inhalers.

A Department of Health spokesman said: "Medicines should be dispensed by appropriately qualified staff and in line with all legal requirements."

<http://www.bbc.co.uk/news/health-18936197>

DOH Release COPD commissioning toolkit

A toolkit has been developed to support commissioners as part of the suite of documents produced by the NHS Medical Directorate to support the delivery within England of the Outcomes Strategy for COPD & Asthma.

The toolkit does much of the hard work in the commissioning process - such as the development of best practice specifications and costing tools - enabling a commissioner to spend more time having informed discussions with providers about service delivery and focusing on matters that will make the most difference to patients, rather than process or bureaucracy

The toolkit makes the clinical and financial case for four key steps in the patient pathway, showing how they can deliver improved outcomes for patients. Also in the toolkit are service specifications for Spirometry & Assessment, Managing Exacerbations, Pulmonary Rehabilitation, and Home Oxygen Assessment & Review. There are also costing tools for Spirometry & Assessment, Pulmonary Rehabilitation and Home Oxygen Assessment & Review, together with guidance on their operation.

Read more at <http://www.dh.gov.uk/health/2012/08/copd-toolkit/>

Respiratory Health Awareness Dates 2012

Bored of staying in the lab?

Fancy getting out their?

How about a screening event, or health awareness drive.

Dates for your diary include;

14th November 2012 World COPD Day

<http://www.goldcopd.org/wcd-home.html>



If you, or anyone in your area, are arranging an event, why not let us know about it!?

Social Media

Can we learn anything from social media about what our patients think of our services – the following are a few recent tweets.....be warned, they may well be one of your recent patients!

- Just had a lung function test. There's nothing like having a nurse tell you that you have the ability to breathe. (Derbyshire)
- I nearly failed the lung function test. Instantly attempting to stop smoking
- Tell an 88 year old who doesn't understand English to come for a lung function test? Dats wickedness
- Off for my lung function test. If they kill me twitter, I am leaving you my words.
- Lung function test today. Was fun. And by fun, I mean not.
- My stepdad was at the hospital for a lung function test this morning and still hasn't learnt anything new. Ridiculous, its taking so long (Newcastle Upon Tyne)
- Two hour lung function test for my asthma
- South African medical slang – spiro/lung function test = blow-blow test
- Got an appointment for my sleep apnoea test....Nervous!
- Awake – I'm awake bcz my husband's CPAP machine wouldn't stop whistling
- I have an appointment at 9.00am tomorrow to get my CPAP machine – I hope it works the way I toss and turn
- I bet if I got really stoned and filled my CPAP machine with strawberry flavoured water it would be just like living in a Beatles song
- Robin Van Persie has passed the ECG portion of his MUFC medical – Spirometry remaining (- although he failed his fitness test due to an old back injury; he's been carrying Arsenal for 4 years!).

Respiratory Humour



Now, I know what my limitations are. I am not a funny, comical individual. I see myself as more sceptical and sarcastic really. I am very self aware.

So, since the untimely death of badger I have been on the look out for some light hearted respiratory humour. The picture to the left came as a result of a Goole search for “respiratory related humour”, in images.

I couldn't decide if it was an omen of what was to come in the NHS, or if it was just a nice example of why we should not let patients, or Googlenites as we call them here, with any sort of medical problem near a computer or search engines.

I'll leave it up to the very creative minds of the ARTP to interpret themselves.....

..... However, for a bit of fun, if people want to share their interpretations I will publish them in the next eXhale!

ARTP Travel Grants

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).

Forthcoming Education and Events - 2012

28 - 29 Aug 2012	Spirometry course	New cross hospital, Wolverhampton
1 - 5 Sept 2012	ERS	Vienna
10 - 11 Sept 2012	Spirometry course	Royal Brompton Hospital
12 Sept 2012	Spirometry ARTP/BTS foundation certificate	Glamorgan
13 - 14 Sept 2012	Spirometry training and interpretation course	Glamorgan
23 - 27 Sept 2012	International sleep medicine course	Cambridge
1 -4 October 2012	ARTP Cardio Pulmonary Exercise Testing Course	Birmingham
11 Oct 2012	ARTP National Strategy Day	Birmingham
19 Oct 2012	ARTP Blood Gas Sampling Course	Lichfield
22 - 23 Oct 2012	Spirometry certificate	Wolverhampton
9 - 16 Nov 2012	Spirometry course	North Tyneside
21 Nov 2012	Spirometry refresher day	Glamorgan
22 - 24 Nov 2012	Spirometry training and interpretation	Glamorgan
26 - 27 Nov 2012	ARTP Non-Invasive Ventilation Course	Novotel, Birmingham
26 - 27 Nov 2012	Spirometry course	Royal Brompton Hospital
26 - 27 Nov 2012	Spirometry course	Royal Brompton Hospital
27 - 28 Nov 2012	Spirometry Course	Hinchingbrooke Hospital NHS Trust
7 - 9 Feb 2013	ARTP Conference	Hinckley Island Hotel, Hinckley

www.artp.org.uk

The Association for Respiratory Technology & Physiology
Executive Business Support (EBS),
City Wharf,
Davidson Road,
Lichfield,
Staffordshire WS14 9DZ

admin@artp.org.uk.