



# Moving Forward with Your Spirometry Program

BY: KENDRA PALMER ANDERSON

Spirometry is an essential test to any occupational health clinic, so moving forward safely with your program is critical. Palmer Associates has been teaching and conducting its NIOSH Training Classes following the 2021 recommendations from the American College of Occupational and Environmental Medicine (ACOEM). For your clinic to move forward with your spirometry program, it is not business as usual. There are many elements to your program that must be addressed before starting up your program.

Here are a few recommendations to think about:

**Staff PPE:** all technicians should be wearing a fit tested N95 or greater, gloves, and face shields. Gowns may be used as well when the "Tier Level" rises.

**Clinical Facility:** make sure the testing room is well ventilated (a window and door open for cross-ventilation), 12 air changes per hour (ACH) as recommended by the AIA, perform spirometry in a dedicated room where only spirometry will take place, make sure there is room for the 6 feet of distance that is to be kept between the patient and the technician administering the test, that cleaning and disinfection occur after each patient at the end of the day, that scheduling of patients coincides with the ACH, etc.

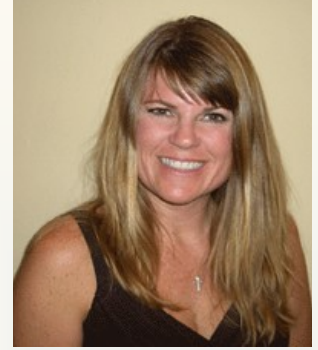
**Test Procedure:** 6 ft distance between patient and technician, patients are to wear nose clips so no aerosolized particles get into the room, only filtered mouthpieces are to be used, masks are to be worn by patients and in between "blows", and all equipment must be sanitized after each patient.

**Clinical Operations:** Make sure there is a designated person responsible for oversight of the program keeping in contact with the local health department so as to understand what Tier Level you are in, all policies and procedures should be written down in your Spirometry Standard Operating Procedure Manual, reassign higher risk staff to other jobs instead of performing spirometry if necessary, and make sure all staff performing spirometry are NIOSH Trained.

For more information on the recommendations set forth by ACOEM, Google: "Occupational Spirometry and Fit Testing in the COVID-19 Era"

## COURSE DIRECTORS

Kendra Palmer Anderson, BA, CST



Kendra Palmer-Anderson is the Spirometry Course Director for Palmer Associates, Inc. As the founder of Fast Response Onsite Testing (FROST), she oversaw the OSHA mandated medical examinations on workers and performed spirometry for hundreds of companies. Before that she worked as a certified spirometrist conducting spirometry testing in the field and as a NIOSH approved Practicum Instructor for over 15 years.



## Palmer Associates 2023 Course Schedule

### January

23-24 - Vacaville, CA

### March

27-28 - Anaheim, CA

### April

17-18 - Portland, OR

### May

3-4 - Phoenix, AZ

8-9 - Vacaville, CA

### June

7-8 - San Diego, CA

21-22 - Tukwila, WA

### July

10-11 - Denver, CO

### September

7-8 - Portland, OR

18-19 - Omaha, NE

### October

2-3 - Vacaville, CA

25-26 - Anaheim, CA

### November

1-2 - Tukwila, WA

Honolulu, HI – TBD

Austin, TX – TBD

Half Moon Bay, CA - TBD

Amy Johnson, Au.D.



Dr. Amy Johnson is the Hearing Conservation instructor for MEDI. She has worked exclusively in the field of hearing loss prevention for the past 21 years and is the owner of Listen Audiology Services, Inc. in Snohomish, WA. Dr. Johnson received her Doctorate of Audiology from the University of Florida. She is the past President of the WA Society of Audiology, a Fellow of the American Academy of Audiology, a certified member of the American Speech Language Hearing Association, a member of the National Hearing Conservation Association, and a CAOHC-certified Professional Supervisor.



## FEATURED PRODUCTS

CHECK OUT OUR SUPPLIES FOR SAFER TESTING DURING THE COVID-19 PANDEMIC



nnd Diagnostics EasyOne Air Spirometer



Viral Filters for Breath Alcohol Testing



Viral Filters for Spirometry Testing



Lifeloc Technologies Phoenix 6.0BT Breath Alcohol Tester



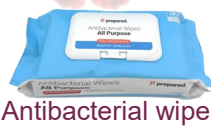
Sanitary Ear Cushion Covers



KN95 & Surgical Masks



Vray UV-C Sanitizer



Antibacterial wipes

Visit [www.medi6334.com](http://www.medi6334.com) to explore all of our new and innovative products!