



**seamless** solutions

FOR IMMEDIATE RELEASE

Michelle Sahlin, Director of Marketing

612-827-2222 Ext. 16 | [MSahlin@bensonmedical.com](mailto:MSahlin@bensonmedical.com)

## **Assessing Subjects' Readiness for Pulmonary Function Testing in an Occupational Health Setting**

MINNEAPOLIS, MN (September 21, 2017) — The validity of occupational spirometry tests depends on whether or not the subject is capable of making a maximal effort on the test. Assessing a number of factors will determine whether the subject is ready to perform the test. According to the OSHA publication "Spirometry Testing in Occupational Health Programs," the American Thoracic Society (ATS) and European Respiratory Society (ERS) suggest that pulmonary function (PF) tests not be conducted when the subject has chest or abdominal pain, oral or facial pain that is aggravated by the spirometer mouthpiece, dementia or confusion, or stress incontinence; or if the person has had a myocardial infarction within the past month.

In addition to these considerations, the National Institute for Occupational Safety and Health (NIOSH) recommends that spirometry tests be postponed when the subject has smoked, used a bronchodilator, or eaten a heavy meal within the past hour. According to agency guidelines, vigorous exercise in the half hour before the test should be avoided. NIOSH also recommends putting off the test unless the subject has had sufficient time to recover from particular illnesses or surgeries.

It can be challenging in an occupational health setting to ensure that all these factors are reviewed for each subject, especially when many people are tested over a short period of time.

Benson Medical Instruments' CCS-200 Spirometer (<http://bit.ly/2cVjj9Z>) helps streamline the subject readiness assessment aspect of occupational spirometry. The instrument software provides a readiness Interview based on NIOSH recommendations that guides the technician through the interview process and saves the data with the subject's spirogram for easy access later: for example, when the spirogram is sent to a reviewing pulmonologist for follow-up.

Depending on the responses to the readiness Interview, the PF test might be postponed for a few hours or a number of days or weeks. Even if the test proceeds, the reviewer can use the Interview as a reference and see what might affect the test results. Recent use of a bronchodilator, for example, is likely to improve the results.

The CCS-200 Spirometer is the only spirometer designed specifically for occupational spirometry programs, and is the only spirometer that has a subject readiness Interview built into the software. The

Interview has a built-in list of questions to assist in keeping the test process and results consistent for all employees tested. The questions can also be tailored to conform to the company's medical policy.



CCS-200 Computer Controlled Spirometer

“The CCS-200 Spirometer provides accurate spirometers that help occupational health practitioners meet OSHA, ATS/ERS, and NIOSH recommendations,” states Jim Teter, Sales Manager at Benson Medical Instruments. “The subject readiness Interview is a unique and excellent example of how this spirometer integrates PF testing and the test preparation process to the benefit of both subjects and occupational health program managers.”

Benson Medical Instruments Co. designs and manufactures audiometers, earplug fit test systems, spirometers, and software to manage hearing conservation and occupational spirometry programs for companies. For more information: Jim Teter, Sales Manager, Benson Medical Instruments Co., 310 Fourth Avenue South, Suite 5000, Minneapolis, MN 55415 USA (Office) +1 612-827-2222 (Email) [sales@bensonmedical.com](mailto:sales@bensonmedical.com) (Website) [Benson Medical \(http://bit.ly/2b3285i\)](http://bit.ly/2b3285i).

#####