

Virtual Clinic Monitoring Information

For adults with CF attending the West Midlands Adult Cystic Fibrosis Centre

WHY?

- It is important that we measure lung function (spirometry) and weight regularly as it enables us to pick up small changes in your health that you may not be able to feel or notice
- When you come to clinic at the hospital the clinical team will check your spirometry and weight, however it is important that you also monitor these measurements at home for your virtual clinic appointments
- If you do not complete your weight or spirometry for your virtual clinic appointment, your appointment may be rescheduled to a face-to-face appointment, to ensure we can monitor your health effectively
- If you are unable to complete your weight or spirometry at home for any reason, please contact the team as soon as possible on the numbers below

- NICE (National Institute for Clinical Excellence) have approved the use of modulator medications, such as Kaftrio, on the basis that patients have regular monitoring. To make sure it is safe to continue to prescribe your modulator medications we are required to check your weight and lung function every 3 months
<https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-technology-appraisal-guidance/data-collection-agreement>

WHEN?

Please check your weight and lung function before any virtual clinics with the CF team and have the results ready for when you log on. The CF team suggest you also complete your weight and spirometry regularly to monitor your health effectively in between clinic appointments.

Spirometry:

- When you are feeling well, you should check your lung function at home with your own machine at least once a month but no more than once a week. It is important that you test your lung function on the same day and time so the results can be compared
- If you are taking oral or IV antibiotics for an infection, the team may ask that you check your lung function more often to make sure the antibiotics are working
- Please check your lung function before any virtual clinics with the CF team and have the results ready for the team when you log on
- The CF team will check your lung function with the hospital machine at each of your face-to-face clinics

DO NOT complete your spirometry if you have experienced (or think you may have) any of the following:

- Heart attack within last 1 month
- History of stroke
- Undrained pneumothorax (collapsed lung) or history of pneumothorax
- Any symptoms of a pneumothorax (sudden and unexplained shortness of breath or chest pain).
- Haemoptysis (coughing up blood) within last 48 hours
- Recent surgery including eye surgery, thoracic, abdominal or neurosurgery
- High or low blood pressure (or if you have any unexplained headaches, or feeling dizzy/ lightheaded)

Weight:

- For virtual clinics we require a recent weight e.g. one you have measured a few days before or on the day of your appointment
- Unless advised by a medical team, there is no need to weigh yourself more frequently than once a week

HOW?

Spirometry:

- You should have had a training session with your physiotherapist to show you how to use your spirometer machine and get it set up with your personalised predicated values
- If you have not had this training, or would like an update, please do not use your machine and call the physiotherapy team to arrange training and set up
- If you have completed your training and have **none** of the contraindications in the previous section please go ahead and complete your spirometry using the following

technique:

1. Sit upright in a supportive chair with arm rests. DO NOT STAND UP
2. Uncross your legs and place both feet flat on the floor
3. If you have a Vitalograph Lung Monitor machine (as below), turn on your machine using the 'on/off' button in the top right corner. If you have the "Project Breathe" app, to store and monitor your spirometry results, turn your phone on now and open the app. (You may have a different machine to this, if so please follow the instructions you were given by the physiotherapist during your training)



4. Wait for the picture of the blowing man to show on the screen
5. Take a deep breath in, make a good seal around the mouth piece then blow as hard and as fast out through the machine for as long as they can. Try to keep blowing until the machine beeps
6. After your test the PEF result will show on the screen. Press the 'up' arrow to get your FEV1 and FEV1% results on the screen



7. Please make a note of the FEV1 and FEV1%
 - Repeat the test up to 3 times, taking a rest between each to catch your breath
 - If you experience any pain, headaches, dizziness or cough up any blood during a test **stop** immediately.

Sending your results to the CF team:

- It is important that you let the CF team know the results of any spirometry tests you do at home so they can be reviewed at your next clinic appointment
- If you use the "Project Breathe" app you can take a screen shot of your results table and attach it to an email
- If you do not use the "Project Breathe" app you can just write the results clearly in an email to the team
- Please send all spirometry results to: uhb-tr.wmcfspiro@nhs.net with "[SECURE] Spirometry results" as the subject. Please include minimal personal data for safety purposes
- Please note the results you email to this address will be uploaded to your electronic

hospital record but **they will not be reviewed by the clinical team** until your next clinic review, so please contact the CF team directly if you feel unwell or have any questions or concerns about your results (or anything else)

- Alternatively you can let the team know your results during your virtual appointment

Weight

- Weigh yourself in similar or light clothing each time without shoes and at a similar time of the day each time for consistency
- Remember to remove any items from your pockets such as keys, mobile phone
- Bathroom scales are sufficient for monitoring any changes in your weight at home (although it might be slightly different to your weight at the hospital). Place your scales on a hard floor at home for accuracy.
- Write your weight down and we will ask you what it is during the appointment. You can measure it in kilogrammes or stones and pounds.

If you have any questions or concerns about home spirometry please contact the physiotherapy team on:

Mobile:	07772137613
Outpatient office:	0121 424 1780

If you have any questions or concerns about checking your weight at home please contact the dietitians on:

Mobile:	07794 375776
Outpatient office:	0121 424 1796