

# SEPTEMBER NEWSLETTER

Saskatchewan Respiratory Therapy Education Committee



## *Spirometry*

**IN ADDITION TO THE NEWSLETTER, OUR QUARTERLY WEBINAR WILL FOCUS ON SPIROMETRY BEST PRACTICES**

- Spirometry is the most common pulmonary function test. It is widely used in the assessment of lung function to provide objective information used in the diagnosis of lung diseases and monitoring lung health.
- The Global Lung Initiative (GLI) has compared interpretation of spirometry results using z-scores with using a fixed ratio, and as with lower limit of normal (LLN), found that they lead to a different classification of some patients but whether this is of clinical relevance remains uncertain.
- The risk of misdiagnosis and over-treatment of individual patients using the fixed ratio as a diagnostic criterion is limited. Diagnostic simplicity and consistency are crucial for the busy clinician. Thus, GOLD favors using the fixed ratio over LLN.
- For spirometry interpretation, the European Respiratory Society (ERS) and American Thoracic Society (ATS) recommend using z-scores, and the ATS has recommended using Global Lung Initiative (GLI) "Global" race-neutral reference equations. However, these recommendations have been variably implemented, and the impact has not been widely assessed in clinical or research settings.
- The zGLI Global severity classification outperformed the GOLD criteria in the discrimination of survival, exacerbations, and imaging characteristics.

**WHAT DO RESPIRATORY THERAPISTS EAT FOR BREAKFAST?**

**FLOW-VOLUME LOOPS.**

**SOCIAL MEDIA HIGHLIGHT:  
@ATSCOMMUNITY**

**SaskRTEC's QUARTERLY WEBINAR WILL BE ON SEPTEMBER 30<sup>th</sup> WITH DR. SKOMRO ON THE TOPIC OF SPIROMETRY BEST PRACTICES. THANK YOU TO AstraZeneca FOR SPONSORING THIS WEBINAR.**

# Educational Resources

## SPIROMETRY

### ARTICLE RESOURCES

- [Spirometry: A practical lifespan predictor of global health and chronic respiratory and non-respiratory diseases](#)
- [Lifetime spirometry patterns of obstruction and restriction, and their risk factors and outcomes: a prospective cohort study](#)
- [Association Between Preserved Ratio Impaired Spirometry and Clinical Outcomes in US Adults](#)
- [Application of the European Respiratory Society/American Thoracic Society Spirometry Standards and Race-Neutral Equations in the COPDGene Study.](#)

If you're having difficulty accessing the articles SHA Library Services is a great resource available to all SHA employees. Feel free to contact them to setup a library card number to obtain off site access.

### WEBINARS

Stay tuned for more info about our quarterly webinar on September 30<sup>th</sup>. We would like to extend a thank to AstraZeneca for sponsoring this webinar with Dr. Skomro on the topic of Spirometry Best Practices.



### VIDEO RESOURCES

- [GLI, LLN, Z Score](#)
- [New Spirometry and Interpretation Practices](#)
- [Spirometry 101](#)

### PODCASTS

- [Approach to Spirometry in Children](#)
- [ERJ Podcast February 2025: Pre- and Post-Bronchodilator Spirometry in COPD](#)
- [Lung volumes | Respiratory physiology](#)

### SUMMARIES & GUIDELINES

- [Standardization of Spirometry 2019 Update. An Official American Thoracic Society and European Respiratory Society](#)
- [GINA 2024 Global Strategy for Asthma Management and Prevention](#)
- [2025 GOLD Report](#)

**Warm welcome to our newest Member at Large, Alyssa Redekop!**

**As we continue to grow this committee we are finding a need for more members. If you're interested in joining the SaskRTEC please send us an email at [saskrtec@gmail.com](mailto:saskrtec@gmail.com).**

**We are in search of a Treasurer and Members at Large.**