

Respiratory Muscle strength testing

These tests look at how well the muscle surrounding your lungs are working.

These tests are designed to evaluate if there is a weakness, Are all the muscles equally affected, and is this weakness clinically significant.

There are three groups of tests that we can perform at Maidstone and Tunbridge Wells.

Positional Spirometry

This test looks at the volume you are able to exhale and the speed at which you can exhale. This is thought of as the simplest measurement and is therefore performed most frequently. The Respiratory Physiologist, Doctor or Nurse will ask you to blow into a device called a Spirometer. There are two types of Spirometry. Both require you to exhale until there is nothing left in your lungs. One requires you to blow gently at a relaxed pace, the other requires you to blow as hard as you can. Both require you to blow for as long as you can.

This test is performed with you in the sitting position and then repeated with you lying on a bed.

The Respiratory Physiologist looking after you will explain the test procedure at each stage. This test usually takes about thirty (30) minutes.

Sniff Nasal Pressure (SNIP)

This test is performed by asking the patient to place a small device into one nostril. We then ask the patient to sniff against this bung as fast and as hard as possible.

This test is repeated several times on each nostril.

This test will take approximately fifteen (15) minutes.

Inspiratory and Expiratory Muscle strength

These tests are slightly more demanding.

They involve the patient breathing on a machine and then either sucking or pushing against a blockage. The blockage is there for a fraction of a second. This test allows us to measure the pressures that your inspiratory and expiratory muscles are able to generate.

There are no complications from these tests and you should be able to go home immediately after the tests have been completed.

There are reasons that the tests may have to be postponed, these are enclosed in your patient letter.

What should I do if I can't attend an appointment?

Please contact the Respiratory Function department on either 01622 224521 (Maidstone) or 01892 634684 (Tunbridge Wells) and let us know as soon as possible if you can't attend an appointment.

Please use this space to write any notes or questions you may have.



Further information and advice can be obtained from:

List any appropriate support groups / telephone / web / email addresses.

NHS Direct

 0845 46 47

NHS Direct online

www.nhsdirect.nhs.uk

British Lung Foundation:

www.lunguk.org

**Association for Respiratory Technology and physiology
(ARTP)**

www.artp.org.uk
