

ELSA WAVE 11 HEALTH VISIT: LUNG FUNCTION PROTOCOL

DEMONSTRATE (BEFORE LAUNCHING PROGRAMME):

- Read CAPI script.
- Demonstrate the blow to the respondent (using your own spirette and a filter - do not attach your spirette to spirometer).

SET-UP EQUIPMENT:

- If respondent agrees to module, set up spirometer (attach spirette, (leaving on the outer plastic packaging until you hand spirometer to respondent) and filter).
- Ensure respondent is seated in an upright chair with arm rests.
- Plug spirometer USB into laptop before launching software from CAPI (we recommend for the laptop to be charging as the software can drain the laptop battery).
- Launch software via CAPI.
- If respondent wants to practice, do so before clicking 'OK and selecting test.
- Press 'OK' at first screen with participant details.
- Select FVC Test (ex only).
- Set the baseline (by placing the palm of your hand over the back of the filter and wait for program to confirm).
- Put the nose clip on the respondent.
- Give the spirometer to the respondent.
- Press 'Start Test' to begin.

READ OUT INSTRUCTIONS:

"First you will need to take as full and as deep a breath as you can so as to fill your lungs to capacity. Then make a tight seal, with your lips, around the tube, place your tongue under the mouthpiece so you do not obstruct the opening of the mouthpiece. You will then need to blow out as hard, as fast and as long as you can, until you feel you cannot blow out anymore and I will let you know when you can stop.

We will be doing a minimum of 3 blows and a maximum of 5 blows. The aim is to try and get 3 blows of similar value. The program will let us know when we have 3 similar blows. I will also be encouraging you to blow for as long as possible while you are blowing. If however, at any point you feel that you cannot blow anymore, and I am still telling you to keep blowing, then just stop and take the mouthpiece out.

You may feel slightly lightheaded whilst doing this.

If at any point you wish to stop the test completely or you feel you would rather sit to do the test, then just let me know.

When you are ready, take a big breath in and blow."

- As respondent undertakes each blow, encourage the respondent to breathe in as deeply as possible and then 'BLAST' the air out as hard and fast as they can for as long as they can.
- Encourage the respondent to keep blowing by saying "keep going, keep going, keep going...".

AFTER THE TEST:

- After each trial, check respondent feels ok and **WAIT AT LEAST ONE MINUTE** before the next blow.
- To start next test, click 'Add Trial'
- We are **aiming for 3 attempts with similar values.**
- You should do a **maximum of 5** attempts.
- The software will feedback if successful or further attempts needed.
- If further attempts needed, provide feedback to respondent on how to achieve a successful attempt.
- If you see 'Session complete, good job', you have achieved 3 tests. Please close the programme and return to CAPI.
- Once you have done 5 attempts or if the respondent wishes to finish before 5 attempts, please close the programme and return to CAPI.