



New spirometry handbook available for medical providers

Spirometry Quality Criteria

Acceptability Criteria

- No hesitation or false starts
- No coughing or hiccupping in first second
- No glottis closure
- No mouthpiece obstruction by tongue or dentures
- No extra breaths
- No leaks
- The volume of back extrapolation (Vext) < 5% of the FVC, or 150 ml, whichever is greater
- Volume/time curve plateaus within 6 seconds of exhalation

3 Acceptable Trials

Repeatability Criteria

- The two largest FVC values should agree within 150 ml
- The two largest FEV1 values should agree within 150 ml

All 3 trials should look like this

When you have 3 trials that look like this:
Compare the 2 largest FVC values – are they within 150 ml?
Compare the 2 largest FEV1 values – are they within 150 ml?

If BTMed has your email or mailing address, you should have received a new handbook on performing spirometry tests as part of the BTMed screening. It is critical to obtain spirometry results that meet quality criteria because occupational lung disease is such an important risk in our population.

Didn't receive an email about the spirometry handbook?

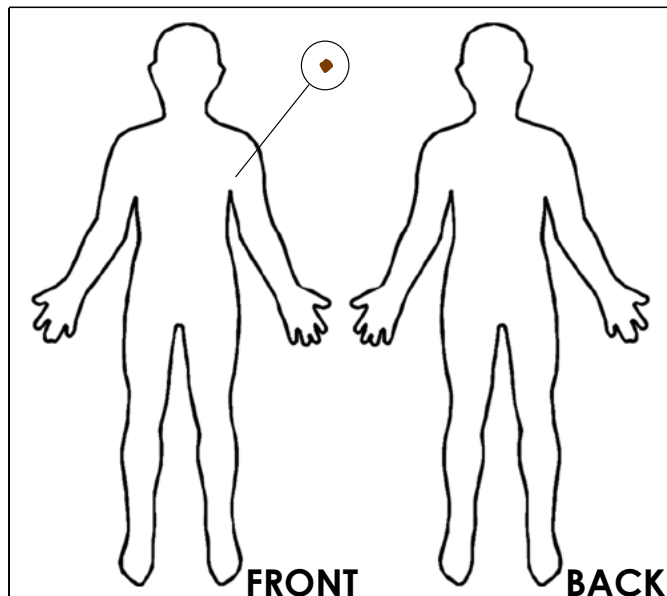
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If you did not receive an email about the new handbook, please contact us about joining our e-mail list. We use it to periodically send important updates and also distribute this newsletter.

Construction workers at higher risk for skin cancer

Because research has shown much higher risk of skin cancer in construction workers, BTMed has modified the medical screening form to help the examining provider organize clinical observations.

We encourage our participants to mark a skin map to show lesions they have noticed, and this skin map serves as a starting point for the medical examination, which should include a careful skin examination of both the lesions noted by the patient and those they may not have seen. Our new exam template form provides instructions for describing, diagnosing and making recommendations for further evaluation related to any skin abnormalities that are found. A sample skin map is shown to the right.



New BTMed Medical Publication

Data collected from BTMed's Early Lung Cancer Detection Program (ELCD) has contributed to a new publication in *Occupational and Environmental Medicine*. The article, "Early detection of lung cancer in a population at high risk due to occupation and smoking", validates the lung cancer screening entry criteria recommended by the National Comprehensive Cancer Network. The findings suggest that Early Lung Cancer Detection programs should specifically include individuals at high risk from occupational exposures. Read the full article at btmed.org/public/publications/medicalfindings.cfm

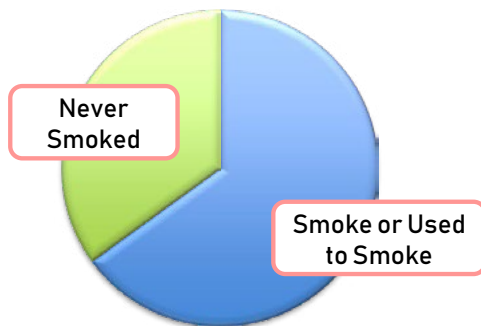


What should you do if a BTMed participant is a smoker?

We developed this chart to inform current smokers in BTMed about how many BTMed participants have successfully quit. Print it out full-size from the [BTMed provider portal](#) to share it with the workers you screen.

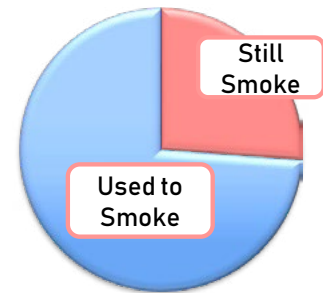
Smoking Status of BTMed Participants

Still smoking? You're in good company! Most BTMed participants (about 2/3) either still smoke or used to smoke!

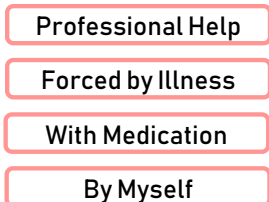


Most Who Smoked Have Quit!

But most of them – former construction workers like you – have quit! (Hardly ever on the first try...)



How Did Former Smokers Quit?



Most of those who quit did it on their own. Some used nicotine replacement or other medication. Some got help. And some had to quit due to serious illness.

Ready to Join the Quitters?

See your handouts for tips on how to quit on your own or with some help.



<https://smokefree.gov/>