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UPMC HEALTH SYSTEM

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M.C. Townsend Associates, LLC

[www.mctownsend.com](http://www.mctownsend.com)

## NIOSH-APPROVED SPIROMETRY TRAINING

*CME, CNE, CRCE Approved*

### NIOSH-Approved Spirometry

September 19-21, 2011 (Pittsburgh, PA)\*

October 5-7, 2011 (Painesville, OH)

October 26-28, 2011 (JHU, Baltimore, MD)

November 14-16, 2011 (Pittsburgh, PA)\*

### NIOSH-Approved Spirometry Refresher

November 2, 2011 (Pittsburgh, PA)

### Respirator Fit-Testing Workshop

July 12, 2011 (Tarrytown, NY)

August 10, 2011 (Orlando, FL)

September 27, 2011 (Minneapolis, MN)

November 3, 2011 (Pittsburgh, PA)

### Web-Based Spirometry Training

CME-approved for Physicians

Approved for Nursing Contact Hours

\* Followed by CAOHC-approved  
Hearing Conservation Workshop/ Recertification

## NIOSH-Approved Spirometry (Full Course)

### FULL COURSE DESCRIPTION

This comprehensive 2½ day course is designed for health professionals who conduct spirometry tests and/or interpret test results in industrial and clinical settings. The course is appropriate for those with no spirometry background as well as for experienced spirometry users. Both groups increase their understanding of spirometry by participating in the course.

Lectures, discussion, and practice sessions present pulmonary pathophysiology, types of spirometers, how to conduct spirometry tests, testing and equipment errors, supervised use of the spirometer, measurement of the spirogram, and interpretation of results. OSHA standards, ANSI Z88.6-2006 "Respirator Use Physical Qualifications for Personnel," the 2005 American Thoracic Society (ATS) Spirometry and 2011 American College of Occupational and Environmental Medicine (ACOEM) Spirometry Update Guidelines are reviewed.

The course strives to teach what the testing and interpretation recommendations/requirements are, as well as why the recommendations and requirements were made.

All lectures are given by Dr. Mary Townsend, based on her extensive experience with real-world spirometry and in-depth knowledge of various spirometers, acquired through consulting with many and varied clients. Over half of the class time is devoted to supervised student practice of the techniques that are presented. Individual attention is ensured by maintaining the student/instructor ratio at 6:1 or better. All practice session assistants are NIOSH-approved and have extensive spirometry experience.

Practical and written examinations are given on the last half-day of the course, and a certificate, valid for 5 years, is awarded if performance is satisfactory.

### CONTINUING EDUCATION CREDITS

NIOSH-approved Spirometry (Approval #101):

- 19.5 AMA PRA Category 1 credits through the Pennsylvania Medical Society
- 19.5 ABPM-approved MOC credits from the American Board of Preventive Medicine
- 19.5 contact hours by the American Association of Occupational Health Nurses (AAOHN), an accredited approver by the ANCC Commission on Accreditation
- 19.42 contact hours CRCE

### NIOSH-APPROVED SPIROMETRY REGISTRATION INFORMATION

Course tuition of \$565 includes a comprehensive workbook and reference materials, a copy of ANSI Z88.6-2006 "Respirator Use Physical Qualifications for Personnel," continuing education credit, lunch, and refreshments.

**Class size is limited to 24, so please register early.** Checks, VISA, MasterCard, and American Express are accepted - **students are enrolled in the order in which registration and tuition are received.** Confirmation is sent upon receipt of tuition. Tuition is fully refundable if canceling 5 or more weeks before the course date. A \$50 service charge is deducted if canceling 3-5 weeks before the course date. **No refunds are issued if canceling less than 3 weeks before the course date since expenses are fixed.** But you may always send an alternate in your place or, if we find a replacement for your registered class date, you may transfer to a later course.

### COURSE MATERIALS

Please bring a calculator and several test results, with tracings, from your spirometer.

# NIOSH-Approved Refresher

## COURSE DESCRIPTION

This NIOSH-approved Spirometry Refresher course updates health professionals who conduct and/or interpret results of spirometry tests. **Technicians completing their initial NIOSH-approved course in 2000 or later can extend their certifications for 5 years by completing this course.**

All lectures are given by Dr. Mary Townsend.

Topics include:

- OSHA standards, ANSI Z88.6-2006, current ATS/ERS and ACOEM Spirometry Guidelines
- Spirometry technique and testing errors
- Interpretation: obstructive, restrictive patterns
- Review problem graphs from QA samples
- Spirometer calibration and cal checks
- Types of spirometers: pluses and minuses

## CONTINUING EDUCATION CREDITS

### NIOSH-approved Spirometry Refresher:

- **7.5 AMA PRA Category 1 credits** through the Pennsylvania Medical Society
- **7.5 contact hours** through the American Association of Occupational Health Nurses (AAOHN), an accredited approver by the ANCC Commission on Accreditation.

## REFRESHER COURSE FEES

Course tuition of **\$310** includes a comprehensive handout, *ANSI Z88.6-2006*, continuing education credits, lunch, refreshments, and a *NIOSH-recommended critique of 5 spirograms for technical quality*. **Please submit your initial NIOSH-approved course certificate prior to the course to demonstrate your eligibility to register.**

# Respirator Fit-Test Workshop

## COURSE DESCRIPTION

This one-day practical fit-testing workshop is **approved for physician CME, nursing contact hours, and ABIH CM points**. The course presents theory and hands-on participant practice with widely used quantitative (QNFT) and qualitative (QLFT) fit-testing methods. All lectures are given by Craig Colton, CIH. Topics include:

- Overview of OSHA Respiratory Protection Standard (29 CFR 1910.134), and Z88.10-2010
- QLFT vs. QNFT fit-testing considerations
- QLFT (saccharin, bitrex) and QNFT (Portacount and Portacount Companion for N95 filtering facepieces) demonstration and hands-on participant practice
- Powered Air Purifying Respirators (PAPRs)

## COURSE FACULTY

Craig Colton, CIH, has worked in the respiratory protection field for 30 years, at OSHA and in Regulatory Affairs & Training, 3M Occupational Health & Environmental Safety Division. He edited the AIHA Respiratory Protection Manual, is a member of the ANSI Z88 Respiratory Protection Committee and the Z88.10, Z88.12, and Z88.14 subcommittees, and consults with NIOSH and OSHA on respirators.

## FIT-TESTING WORKSHOP FEES

Course tuition of **\$395** includes course materials, **Z88.10-2010 Fit-Testing Methods**, continuing education credits, lunch, and refreshments.

**Attend Fit-Testing Workshop + Spirometry Refresher - Save \$30!**

# Spirometry Course Director

Dr. Mary Townsend is an independent pulmonary function testing and epidemiology consultant, and Adjunct Faculty at the Graduate School of Public Health, University of Pittsburgh. She is lead author of ACOEM's "Spirometry in the Occupational Health Setting- 2011 Update" and "Evaluating Pulmonary Function Change over Time" Position Statements. She presents frequent seminars at ACOEM, AAOHN, and ATS national meetings. She is an experienced, enthusiastic teacher of NIOSH-Approved Spirometry courses, and is course director for Johns Hopkins University as well as M.C. Townsend Associates, LLC. She has consulted and taught for General Motors, Dow Chemical, Alcoa, BASF, OSHA, U.S. Library of Congress, NIOSH, and other clients. She was a Visiting Scientist and Research Epidemiologist at NIOSH, and an Assistant Professor of Epidemiology at the University of Pittsburgh.

**Customized on-site instruction** is available for groups: a minimum number is required. Please call for more information. **(412) 343-9946**

## WEB-BASED SPIROMETRY TRAINING

- **NIOSH-Approved Web-Based Refresher Course** - \$295 -go to [www.mctownsend.com](http://www.mctownsend.com)
- **For Nurses and Technicians** conducting tests (*non-certification*) - **9.5 contact hours**, approved by AAOHN.
- **For Physicians** and health care professionals interpreting results and managing programs (*non-certification*) - **6.0 AMA PRA Category 1 credits**, approved by PA Medical Society.
- Fee for non-certification Web-Based Training is **\$135** (including continuing education credits.)

**SPIROMETRY AND AUDIOMETRY TRAINING IN ONE WEEK!** CAOHC-approved Hearing Conservation Workshop follows spirometry courses. Call Audiometric Baseline Consulting 412/831-0430.

# Registration Form: 2011

## Respirator Fit-Testing Workshop:

\_\_ July 12 \_\_ Aug 10 \_\_ Sept 27 \_\_ Nov 3  
**NIOSH-Approved Spiro Refresher:** \_\_ Nov. 2

**NIOSH-Approved Spirometry (Full Course):**  
\_\_ Sept 19-21 \_\_ Oct 5-7 \_\_ Oct 26-28 \_\_ Nov 14-16

Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Model & name of spirometer currently used:  
\_\_\_\_\_

Payment: \_\_ Check \_\_ Visa/MasterCard/AMEX

\_\_ \$565 NIOSH Full Course \_\_ \$310 Refresher

Fit-Test Workshop \_\_ \$395 \_\_ \$365 + Refresher

\_\_ \$135 Web-based \_\_ RN/Tech \_\_ Physician

Cardholder \_\_\_\_\_

Card# \_\_\_\_\_

CVV2 Code \_\_\_\_\_ Expires \_\_\_\_\_

*Please make checks payable and mail to:*

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Web Site: [www.mctownsend.com](http://www.mctownsend.com)

**REGISTRATION POLICIES:** Checks and credit cards are accepted - *students are enrolled in the order in which registration and fees are received* - confirmation is sent upon receipt of tuition. Tuition is fully refundable if canceling 5 or more weeks before the course. A \$30 service fee is deducted if canceling 3-5 weeks before the course. No refunds are issued if canceling less than 3 weeks before the course. However, you may always send an alternate in your place.