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Pittsburgh, PA 15228-1824

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M.C. Townsend Associates, LLC  
[www.mctownsend.com](http://www.mctownsend.com)

## NIOSH-APPROVED SPIROMETRY TRAINING

*CME, CNE, CRCE, ABIH Approved*

### NIOSH-Approved Spirometry

September 13-15, 2010\*  
November 15-17, 2010\*

### NIOSH-Approved Spirometry Refresher

September 10, 2010

+

### Respirator Fit-Testing Workshop

September 9, 2010

### Web-Based Spirometry Training

CME-approved for Physicians  
Approved for Nursing Contact Hours

Holiday Inn Express Hotel & Suites  
Pittsburgh Airport - Pittsburgh, PA  
412-788-8400

\* 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," and the 2005 American Thoracic Society (ATS) Spirometry 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 is awarded if performance is satisfactory. *As of 01/01/09, the certificate expires after 5 years.*

### 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 Pennsylvania State Nurses Association, an accredited approver by the ANCC Commission on Accreditation
- 19.42 contact hours CRCE

### NIOSH-APPROVED SPIROMETRY REGISTRATION INFORMATION

Course tuition of \$550 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:

- Review of OSHA standards, ANSI Z88.6-2006, and 2005 ATS 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
- **7.6 contact hours** through the PA State Nurses Association, an accredited approver by the ANCC Commission on Accreditation.
- **7.58 contact hours CRCE**

### 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, CRCE, 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)
- 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 **\$360** includes a comprehensive handout and reference materials, continuing education credits, lunch, and refreshments.

**ATTEND FIT-TESTING WORKSHOP + SPIROMETRY REFRESHER - SAVE \$30!**

**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.

## Spirometry Course Director

Dr. Mary Townsend is an independent pulmonary function testing and epidemiology consultant for industrial and research clients, and Adjunct Faculty at the Graduate School of Public Health, University of Pittsburgh. She has consulted and/or taught for OSHA, NIOSH, the U.S. Library of Congress, General Motors, DuPont, Dow Chemical, Alcoa, Givaudan Flavors, and numerous other clients. She is lead author of ACOEM's "Spirometry in the Occupational Health Setting – 2010 Update" and "Evaluating Pulmonary Function Change over Time" Position Statements. She presents annual workshops at the ACOEM, AAOHN, and ATS national meetings. She is an experienced, enthusiastic teacher of NIOSH-Approved Spirometry and Spirometry Refresher courses. 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 of participants is required. Please call for more information. **(412) 343-9946**

### WEB-BASED SPIROMETRY TRAINING

- **For Nurses and Technicians** conducting tests (*non-certification*) – **9.4 contact hours**, approved by PA State Nurses Association.
- **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 Web-Based Training is **\$95** (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: 2010

**NIOSH-Approved Spiro Refresher** \_\_ Sept. 10

**Respirator Fit-Testing Workshop** \_\_ Sept. 9

**NIOSH-Approved Spirometry (Full Course)**

\_\_ September 13-15 \_\_ November 15-17

Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

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

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

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

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

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

\_\_ \$550 NIOSH Full Course \_\_ \$310 Refresher

Fit-Test Workshop \_\_ \$360 \_\_ \$330 + Refresher

\_\_ \$95 Web-based \_\_ RN/Tech \_\_ Physician

Cardholder \_\_\_\_\_

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

Expires \_\_\_\_\_

*Please make checks payable and mail to:*

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Phone: 412-343-9946 FAX: 412-343-9947

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