World Spirometry Day Core Team

- **Administrative Support:**
  - Jill Jones Director Medicine Critical Care
  - Todd McCarl Director Respiratory Care
- **Administration Liaison:**
  - Rudy Ziegler
- **Education Materials:**
  - Jeff Hinkle
- **Media:**
  - Dawn Turner
- **Spirometry Committee:**
  - Pat Stanberry, Janet Wicker, Amy Trees
- **Supplies:**
  - John Reed and Sharon Rohrer
- **Facilitator:**
  - Cathy Trimby
WSD 2012 Volunteers:

• Angel Medical Center: Eric Wolak
  - Sheila Gordon
  - Joe Lemire
  - Bonnie Peggs
  - Kaitlyn Wolak

• Blue Ridge Regional: Terry Smith
  - Dan Grady
  - Tammy Buchanan
  - Lori Finley

• McDowell Hospital: Sherri Miller
  - Kathy Brown
  - Donna Jhant
  - Kimberly Freeman
  - Michael Freeman
  - Jody Miller

• Transylvania Regional Hospital:
  - Kathy Pedersen & Terri Redmond

• Mission: Cathy Trimby
  - Vince Adamo
  - Amanda Ballinger
  - Rory Bowers, MD
  - Greg Campbell, MD
  - Lana Greene
  - Todd McCarl
  - Domonique Kirkpatrick
  - Jeanne Poulin
  - Connie Reed
  - Sharon Rohrer
  - Steve Stanberry
  - Julie Thomas
  - Gary Trimby
  - Fern Webb
  - Martha White
  - Danny Woodard
  - Winnie Ziegler
World Spirometry Day Statistics

- Number of total Spirometry Tests: 628

- Total Spirometry Testing sites: 10
  - Mission campus: 3 testing sites
  - SJH campus: 2 testing sites
  - Angel: 1 testing site
  - Blue Ridge: 1 testing site
  - McDowell: 1 testing site
  - TRH: 2 testing sites

- Known abnormal tests: 27.9% or 137 participants
Mission Health System Overall Totals

<table>
<thead>
<tr>
<th></th>
<th>Total Tests</th>
<th>Total Normal Tests</th>
<th>Total Abnormal Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Totals</strong></td>
<td>628</td>
<td>491</td>
<td>137</td>
</tr>
</tbody>
</table>

27.9% Abnormal Tests
Male vs. Female Participants

- Male: 37%
- Female: 63%
Age Disposition

<table>
<thead>
<tr>
<th>Age</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>11</td>
</tr>
<tr>
<td>21-34</td>
<td>65</td>
</tr>
<tr>
<td>35-44</td>
<td>98</td>
</tr>
<tr>
<td>45-54</td>
<td>110</td>
</tr>
<tr>
<td>55-64</td>
<td>172</td>
</tr>
<tr>
<td>65-74</td>
<td>114</td>
</tr>
<tr>
<td>&gt;=75</td>
<td>57</td>
</tr>
</tbody>
</table>
Do you smoke?

- Non-smokers: 55%
- Smokers: 14%
- Quit: 31%
Smokers: Age Demographics

- <20: 0%
- 21: 7%
- 35: 8%
- 45: 16%
- 55: 18%
- 65: 18%
- >75: 27%
Have you had a lung test before?

- No: 460
- Yes: 168

73.2% First Spirometry Test
Angel Medical Center

- Total Test 55
- Total Normal Tests 34
- Total Abnormal Tests 21
- % Abnormal Tests 38%
## Angel: World Spirometry Day Totals

<table>
<thead>
<tr>
<th></th>
<th>Total Test</th>
<th>Total Normal Tests</th>
<th>Total Abnormal Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Totals</strong></td>
<td>55</td>
<td>34</td>
<td>21</td>
</tr>
</tbody>
</table>

38% Abnormal Test
Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals</td>
<td>24</td>
<td>31</td>
</tr>
</tbody>
</table>

Age Disposition

<table>
<thead>
<tr>
<th></th>
<th>&lt;20</th>
<th>21-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>&gt;75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Do you smoke?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Quit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoker</td>
<td>4</td>
<td>29</td>
<td>22</td>
</tr>
</tbody>
</table>

Do you suffer with shortness of breath?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>7</td>
</tr>
<tr>
<td>Exercise</td>
<td>5</td>
</tr>
<tr>
<td>Walking up hill</td>
<td>24</td>
</tr>
<tr>
<td>Walking 100 Metres</td>
<td>3</td>
</tr>
<tr>
<td>Walking normal pace</td>
<td>8</td>
</tr>
<tr>
<td>Dressing</td>
<td>8</td>
</tr>
</tbody>
</table>

Shortness of Breath: 7 5 24 3 8 8
Angel Medical Center:

• World Spirometry Day 2012 held on August 4th, 2012 at Angel Medical Center, where free Spirometry breathing tests were given to the public, was a great success. There were 55 tests performed over a six hour period in which 21 of those were abnormal and showed some degree of obstructive lung disease process. The hours for the event were extended to 3 p.m. from the original 9 a.m. to 1 p.m. allotted time to help accommodate the vast number of people who showed up for testing. A copy of the test was given to each participant, regardless of results, so that each individual could share the information with their health care providers if they choose to do so. Via the Mission Health System the number of tests performed along with the number of abnormal tests will be shared with the WHO, World Health Organization, and the European Lung Foundation.

Eric J. Wolak RRT, RCP
Cardiopulmonary Department Manager

Have you had a lung test before?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prior Test</td>
<td>21</td>
<td>32</td>
</tr>
</tbody>
</table>

58.1% 1st Spirometry Test
Blue Ridge Regional Hospital

- Total Test 23
- Total Normal Tests 19
- Total Abnormal Tests 4
- % Abnormal Tests 17%
## Blue Ridge: World Spirometry Day Totals

<table>
<thead>
<tr>
<th>Totals</th>
<th>Total Test</th>
<th>Total Normal Tests</th>
<th>Total Abnormal Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals</td>
<td>23</td>
<td>19</td>
<td>4</td>
</tr>
</tbody>
</table>

17.39% Abnormal Tests
Do you Smoke?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Quit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoker</td>
<td>12</td>
<td>11</td>
<td>0</td>
</tr>
</tbody>
</table>

Do you suffer with Shortness of Breath?

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>Exercise</th>
<th>Walking up hill</th>
<th>Walking 100 Metres</th>
<th>Walking normal pace</th>
<th>Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortness of Breath</td>
<td>0</td>
<td>4</td>
<td>12</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Blue Ridge Hospital, in Spruce Pine, North Carolina celebrated World Spirometry Day on August the 4th. A combined effort between both the Respiratory Care departments at Blue Ridge and Mission, made this screening a success. Tammy Buchanan from Blue Ridge Hospital and Dan Grady, Lori Finley and Terry Smith from Mission Hospitals completed 23 screens on patients as well as some of the Blue Ridge staff. This was a great opportunity to educate many people on the advantages of Pulmonary Function Testing and lung health. The testing staff appreciates the support they received from the local people, participating staff and the Blue Ridge Hospital Administration.

82.6% 1st Spirometry Test

Terry Smith, RRT, RCP
Manager Respiratory Care
• Total Test 34
• Total Normal Tests 26
• Total Abnormal Tests 8
• % Abnormal Tests 23.5%
McDowell: World Spirometry Day

Totals

<table>
<thead>
<tr>
<th></th>
<th>Total Test</th>
<th>Total Normal Tests</th>
<th>Total Abnormal Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals</td>
<td>34</td>
<td>26</td>
<td>8</td>
</tr>
</tbody>
</table>

23.5% Abnormal Tests
Do you smoke?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Quit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoker</td>
<td>5</td>
<td>17</td>
<td>12</td>
</tr>
</tbody>
</table>

Do you suffer with Shortness of Breath?

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>Exercise</th>
<th>Walking up hill</th>
<th>Walking 100 Metres</th>
<th>Walking normal pace</th>
<th>Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortness of Breath</td>
<td>11</td>
<td>6</td>
<td>14</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
McDowell: World Spirometry Day 2012

• McDowell Hospital is a 65-bed hospital with approximately 400 employees and doctors who work together to provide a high level of care for all the citizens of McDowell County.

• World Spirometry Day 2012 held on August 4th, at McDowell Regional Hospital was a great success. 33 Free Spirometry breathing tests were given to the public.

• Sherri Miller, Kathy Brown, Donna Jhant, Kimberly and Michael Freeman and Jody Miller from Mission Hospital administered the tests and helped to educate the public concerning their lung health.

• I appreciate the opportunity to be a part of this, and look forward to next year.

Sherri Miller, RCP, RRT
Cardiopulmonary Director

Have you had a lung test before?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prior Test</td>
<td>8</td>
<td>24</td>
</tr>
</tbody>
</table>

67.6% 1st Spirometry Test
Mission Hospital:

- Total Test: 477
- Total Normal Tests: 390
- Total Abnormal Tests: 87
- % Abnormal Tests: 18%
Mission: World Spirometry Day Totals

<table>
<thead>
<tr>
<th></th>
<th>Total Test</th>
<th>Total Normal Tests</th>
<th>Total Abnormal Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals</td>
<td>477</td>
<td>390</td>
<td>87</td>
</tr>
</tbody>
</table>
Mission: World Spirometry Day 2012

**Gender**

- Male: 166
- Female: 310

**Age Disposition**

- <20: 10
- 21-34: 50
- 35-44: 81
- 45-54: 101
- 55-64: 139
- 65-74: 71
- >75: 24
Mission: World Spirometry Day 2012

Survey Results:

Do you Smoke?

- Yes: 66
- No: 268
- Quit: 142

Do you suffer with Shortness of Breath?

- None: 142
- Exercise: 138
- Walking uphill: 120
- Walking 100 Metres: 35
- Walking normal pace: 18
- Dressing: 17

“Anyone who currently smokes, is a former smoker, has been exposed to air pollutants or second-hand smoke or has a chronic cough, tightness in chest, shortness of breath or difficulty breathing should take advantage of the free screenings,” said Dawn Turner, RRT, RCP, a member of the team coordinating the event. “Detecting COPD symptoms before the disease progresses into an advanced stage is critical to long-term lung health, quality of life and reducing healthcare costs.”

Western North Carolina residents were encouraged to check their lung health by taking a free Spirometry test from 6:30 a.m. to 5:30 p.m. in the visitor lobbies at Mission Hospital’s Memorial and St. Joseph’s campuses.

477 free Spirometry tests were administered. 22% of these tests were abnormal. 73% of people tested had never had a lung test before.

World Spirometry Day at Mission hospitals was a great success! We could not have done this without the many volunteers who gave of their time and talents.

Cathy Trimby, PI, DSC Coordinator
• Total Test 39
• Total Normal Tests 21
• Total Abnormal Tests 6
• % Abnormal Tests 15.4%
Transylvania Regional Hospital: World Spirometry Day Totals

<table>
<thead>
<tr>
<th></th>
<th>Total Test</th>
<th>Total Normal Tests</th>
<th>Total Abnormal Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals</td>
<td>39</td>
<td>33</td>
<td>6</td>
</tr>
</tbody>
</table>
Transylvania: World Spirometry Day 2012

**Gender**

- Male: 20
- Female: 19

**Age Deposition**

- <20: 0
- 21-34: 1
- 35-44: 1
- 45-54: 2
- 55-64: 11
- 65-74: 12
- >75: 11
Transylvania: World Spirometry Day 2012

Do you smoke?

- Yes: 4
- No: 18
- Quit: 16

Do you suffer with Shortness of Breath?

- None: 8
- Exercise: 11
- Walking uphill: 14
- Walking 100 Metres: 3
- Walking normal pace: 1
- Dressing or undressing: 2

<table>
<thead>
<tr>
<th>Smoker</th>
<th>Shortness of Breath</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>8</td>
</tr>
<tr>
<td>No</td>
<td>11</td>
</tr>
<tr>
<td>Quit</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>
World Spirometry Day was celebrated at Transylvania Regional Hospital by the Respiratory Care and Cardio Pulmonary Rehab teams on Saturday morning, August 4, 2012. Members of the Community were invited to have their breathing tested during a free Spirometry Screening Event that was held in the hospital's lobby from 9:00 a.m. to 12:00 p.m.

The purpose of the event was to highlight awareness of breathing difficulties and to facilitate access to medical care if a community member had a concern or if a possible problem was identified through the Spirometry Screening. Featured at the event were the electronic breathing evaluations; some good-morning snakes, many types of better breathing information and handouts, and the support and advice given to all participants by the expert screeners from both allied health teams.

Forty-three members of the community were tested.

<table>
<thead>
<tr>
<th>Prior Test</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9</td>
<td>27</td>
</tr>
</tbody>
</table>

69.2% 1st Spirometry
Conclusions:

- World Spirometry Day 2012 was a great success!
- Total number of tests completed: 628
- Total abnormal tests: 137

- 31% Tested had quit smoking.
- 24.8% Tested were between 21-54 years of age.
- 55% Never smoked in the past.
- 76% Suffer from some form of dyspnea with any movement.
- 73.2% 1st time Spirometry Test done.