



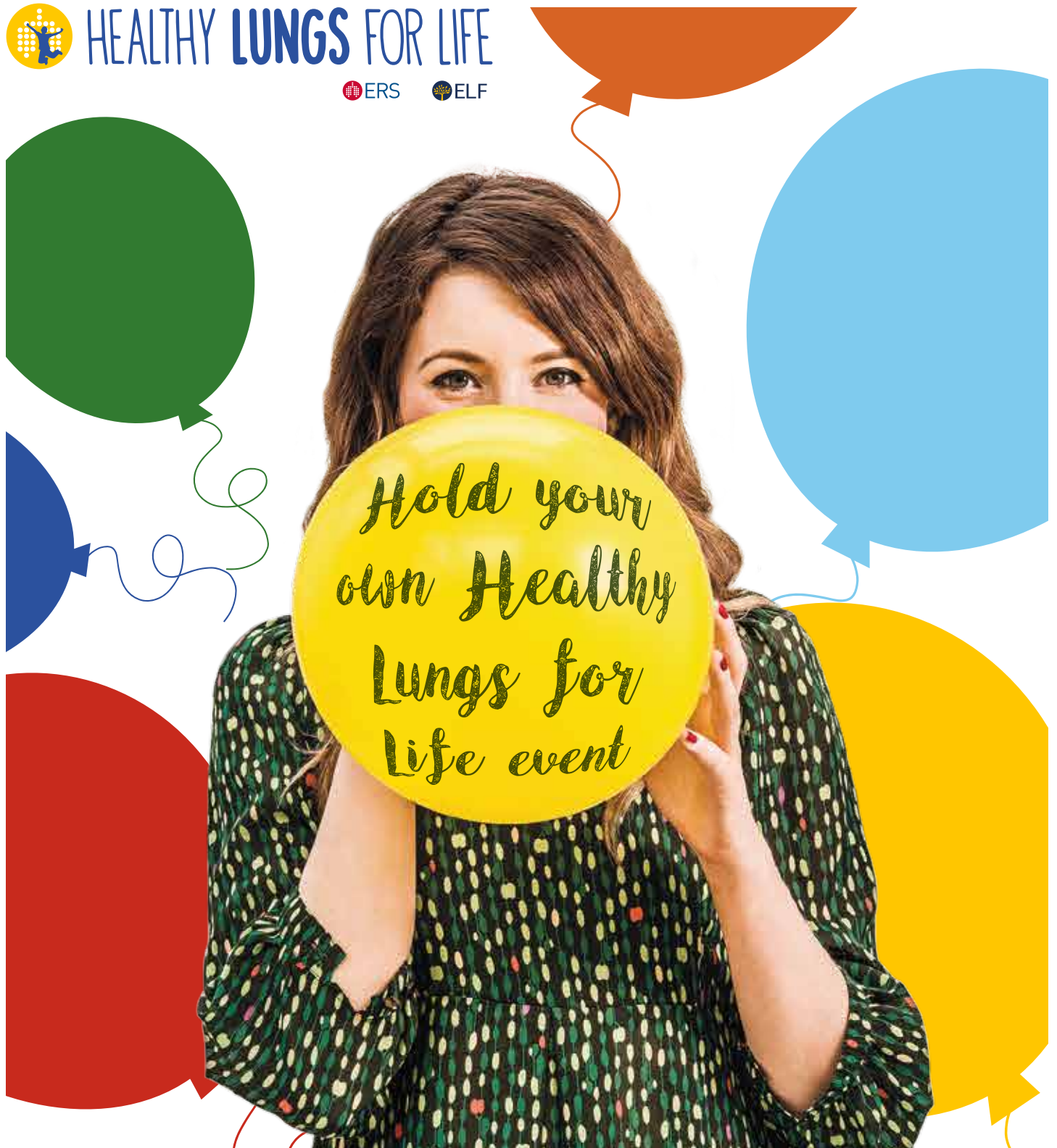
HEALTHY LUNGS FOR LIFE



ERS



ELF



Healthy Lungs for Life events raise awareness of the importance of lung health and aim to reduce the burden of lung conditions on society. Over the past 4 years, thousands of people have attended events across Europe and the rest of the world.

Organisers have ensured that the important messages of the campaign are heard around the world. It is this collective action that is needed to ultimately reduce the burden of lung conditions. It only takes one person to start the process of organising an event – that person could be you!

A range of further resources are available for you to use in the Healthy Lungs for Life toolkit:

www.healthylungsforlife.org/get-involved/toolkit

These include logos, posters, template press releases and event checklists.

What type of event can I hold?

There are many different types of events that you can hold. The most common are public lung function testing events where members of the public are encouraged to get a free spirometry test.

Training events can also be held to teach healthcare professionals the accurate and effective use of spirometry.

Other events focusing on the different areas of prevention highlighted during the campaign could include:

- Exercise events, such as public keep fit sessions in town centres or races on static exercise bikes
- Air quality events, such as air quality monitoring stations or information sharing stalls
- Smoking cessation events, such as training sessions for healthcare professionals or information sharing stalls

Where can I hold my event?

You could choose a hospital, surgery, university or a public place such as a town square or shopping centre.

When can I hold my event?

The Healthy Lungs for Life campaign theme is kicked off each year by the European Lung Foundation and European Respiratory Society during the annual ERS International Congress. The theme does not end after the Congress – this is just the start of a year long drive to promote these important messages.

You are encouraged to hold an event at a time that works for you. This could be during the ERS Congress; on World Lung Day (25 September) or another lung health awareness day; or you could pick a time throughout the year that is suitable for you and the people you want to reach.

How do I fund my event?

If you are holding a spirometry testing event or a training event for healthcare professionals it does not need to have high costs. For an event in a hospital or clinic, you will only have the cost for printing basic signage, flyers and posters to advertise the event. You can also use free channels to advertise the event, such as mailing other local clinics and contacting the local press and media. [See our leaflet on 'Holding a free event' for more information.](#)

Equipment already available should be used and controlled by appropriately trained staff who usually perform these tests, to ensure they are carried out safely and correctly.

Similarly, if you are running an information stall, you will only have the cost of printing materials to consider.

If you hold an exercise- or air quality-themed event, you may need to work in conjunction with a sports or air quality company who may be willing to sponsor the event or lend equipment.

A larger event to reach greater numbers and attract media interest will require more resources and support. You may need more equipment, staff and perhaps the support of a PR agency to contact the press and media.

If you need to seek sponsorship, it is best if this comes in the form of an unrestricted grant from a company with an interest in promoting awareness of lung diseases and lung health. The funds given should hold no restriction on the event and any agreement made with a sponsor should ensure that no input in the running of the event is permitted. In return there should be acknowledgement of their support by the use of their logo in posters and press material.

What staff do I need to consider?

For a spirometry testing event, you should consider:

- An event organiser to coordinate all staff members before the event
- A welcome team to explain the process, hand out questionnaires, organise a queuing system and to distribute leaflets in the local area
- Appropriately trained nurses / physiologists / technologists / doctors to carry out the tests. Ensure that you have enough staff to allow for breaks. Each test should take approximately 10 minutes, based on a person performing three blows
- Doctors to give immediate advice to those with restricted airflow or those who wish to quit smoking
- Smoking cessation support groups or other patient organisations may wish to be involved to advise patients and members of the public

For training events, you should consider:

- A team leader to deliver the training and other supporting healthcare professionals for spirometry demonstrations if required

What do I need to run a spirometry testing event?

- Spirometers
- Mouth pieces
- Tissues
- Printers, or something to write the results on
- Furniture (chairs and tables)
- Patient information leaflets (ELF factsheets are free to download: www.europeanlung.org/en/lung-disease-and-information/factsheets)
- Questionnaires (an example can be found on the Healthy Lungs for Life website)
- Referral letters for anyone showing abnormal results (an example can be found on the Healthy Lungs for Life website)
- Posters
- Signage
- Water and cups for visitors and testers
- Waste baskets

You may wish to provide all staff with t-shirts and a name badge to make them stand out from people coming to have their lung function tested.

How should spirometry testing be performed?

- When using questionnaires there should be a link (ID number) between the questionnaire and the spirometry test.
- Patient safety checks should be made regarding contraindications and all spirometry should be performed with the patient sitting down.
- Three acceptable blows (if possible) should be performed by each person in accordance with ERS/American Thoracic Society (ATS) Standards 2005 erj.ersjournals.com/content/26/2/319.full
- A printout or written results should be handed to the person and any problems should be explained.
- Those showing an abnormal spirometry result (abnormal curves or values) or people who have symptoms and are worried should be given a letter to take to their healthcare provider.
- People should also be given the opportunity to speak to a doctor onsite, if possible.
- If children have abnormal values, letters to their healthcare provider should be given to the child in the presence of the parent/guardian.

Please be clear to participants that, as this is a screening event under non-perfect testing conditions, a diagnosis cannot be definitively given.

A training session and full guidelines on how to use all spirometers should be conducted before the event. Please refer to the standards document, 'Diagnostic Spirometry in Primary Care': www.thepcrj.org/journ/vol18/18_3_130_147.pdf

We strongly encourage anyone organising a spirometry event to take the ERS Spirometry Training Programme:

<https://www.ersnet.org/professional-development/spirometry-training-programme>

How do I promote my event?

Any PR activities should focus on promoting the event to local residents, or in the case of a training event, healthcare professionals, to encourage them to attend.

Some examples of effective PR activities include:

- Contacting local press, radio and TV, and providing information on the event itself and also on lung diseases
- Sending promotional posters and flyers to nearby clinics and making them available in waiting areas
- Advertising your event in local free newspapers and online events pages
- Inviting local journalists to get their lungs tested
- Contacting local patient organisations to utilise their own communication channels (mailing lists, website news sections and social media)
- If your event is at a hospital or university, contacting the central communications team to get their support in promoting the event
- Using social media to spread the word about your event, using the #healthylungsforlife hashtag

How do I collect and share the results of my event?

The Healthy Lungs for Life campaign is working closely with the Global Lung Function Initiative (GLI) on an important project to improve the interpretation of lung function results worldwide. Researchers from the GLI Network are developing new reference values by collecting information

on lung function from people around the world. If you are organising a Healthy Lungs for Life lung testing event and you would like to contribute to this important initiative, please follow the steps below:

1. Ensure you have the correct ethics approval in your country

Depending on the rules in each country, approval from the regional/national medical ethics committee may be needed before the event takes place. In some countries, approval may also be needed from national data authorities if the results are going to be stored. Staff may also need to ensure that they have additional liability cover to perform spirometry outside the hospital environment.

2. Ensure that staff are well-trained in taking spirometry tests

The European Respiratory Society offer a spirometry training programme that delivers a comprehensive understanding and the basic skills required for spirometry practice. It is advised that all staff delivering spirometry at Healthy Lungs for Life events have taken this course or a local equivalent. Find out more at:

www.ersnet.org/professional-development/spirometry-training-programme

3. Use equipment that meets the European Respiratory Society/American Thoracic Society standards

Most modern equipment meets the standards set by the European Respiratory Society/American Thoracic Society guidelines. You can view the guidelines to check this here:

www.ers-education.org/lrMedia/userDownload/3c201cff3d124c45853fad629ba6728b.pdf

4. Use the ELF/GLI information sheet and questionnaire at your event

This information sheet provides the background to the GLI study, explains the risks and benefits and includes a comprehensive questionnaire that will collect the data needed to contribute to the GLI project. You can download for free at:

www.healthylungsforslife.org/materials

These materials can be used for your local ethics approvals and can be modified to meet local requirements.

5. Add your results to the Global Lung Function Initiative online portal

After the event, once your results have been collected, you will need to upload them via an Excel Spreadsheet. For further information visit:

<http://globallungfunction.org>.

If you are holding an alternative event, you can still measure the impact by collecting the following information:

- The number of attendees and the type of event(s) conducted (i.e. training, testing, patient information session, exercise event etc.)
- Number of spirometry tests completed and scores at lung function testing events
- Media coverage: number of cuttings and copies of articles, and social media activity: increase in followers, number of comments
- Any photos from your event

After the event you can also share photos, quotes and statistics from your event on your own communications channels to raise the profile of your event further. Don't forget to use the hashtag #healthylungsforslife on any social media posts.

Please send all questionnaires, results and photos of your events to info@europeanlung.org.

Are there any ethical considerations to consider?

Depending on the rules in each country, approval from the regional/national medical ethics committee may be needed before the event takes place. In some countries, approval may also be needed from national data authorities if the results are going to be stored. Staff may also need to ensure that they have additional liability cover to perform spirometry outside the hospital environment.

Further information

If you have any more questions or need more information to support your event, you can contact the Healthy Lungs for Life team: info@europeanlung.org.

You can also visit the 'Inspiration' page on our website to find examples of past events.

Good luck! We look forward to hearing about your event.

Make a difference to the air you breathe where you live

Go to www.healthylungsforslife.org for information on how to hold an event