



WEST OF SCOTLAND ADULT CYSTIC FIBROSIS SERVICE
Queen Elizabeth University Hospital
1345 Govan Road
Glasgow
G51 4TF
Enquiries to: 0141 451 6094/6095



Our ref: GM/MD
Date: 5th May 2020

Dear

Please find enclosed a Vitalograph BT Spirometer. We hope that this will help you to monitor your lung health whilst you are shielding. We have produced a training video on how to use it, which is on our CF website – www.wosacf.org. Please phone the CF nurses if you have any further questions on how to use it on 0141 451 6075.

The spirometer was paid for by the NHS and the CF Trust. The CF Trust have also made an app called “Project Breathe” which can be found on the App/Play store and if you wish you can use this app to save your results to your smart phone.

The app may change over time so that you can send us your results – but this part has not been approved yet. Please read the terms and conditions of the app.

We have already set up the spirometer for you, so that it will give you your ‘Forced Expiratory Volume over 1 second’ (FEV1) as a percentage. This is the number you will be most used to talking about with us. It is a measure of your lung health compared with the expected lung health of someone who does not have CF (but who has the same height, gender and ethnicity). The figure we have programmed in is the Predicted FEV1 (in the instructions this is called FEV1 Personal Best). We will let you know this number each year as it changes with age in your annual review letter – and information on how to set this up will be in a training video too.

The Cystic Fibrosis Trust will soon be running a clinical trial with us which will provide other home devices such as blue tooth scales, spirometers and fit bits. If you are interested in doing this study, can you please let our research co-ordinator know by e-mail (diane.murray@ggc.scot.nhs.uk) and we will send more information on this when it becomes available.

We will ask you to use the spirometer for when you dial into our virtual clinics. Please let us know if there is any information or issues with this.

Yours sincerely

Dr Gordon MacGregor
Consultant Physician