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Sustainable Farm Families-

'The Human Resource in the Triple Bottom Line'

Piko Refresh

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Current Status

- Remains a valuable tool for assessment of respiratory function

Key success points

- Check the device and obtain a baseline (you)
- Demonstration (By you)
- Facilitation for the participant
- Interpretation
- Referral if required



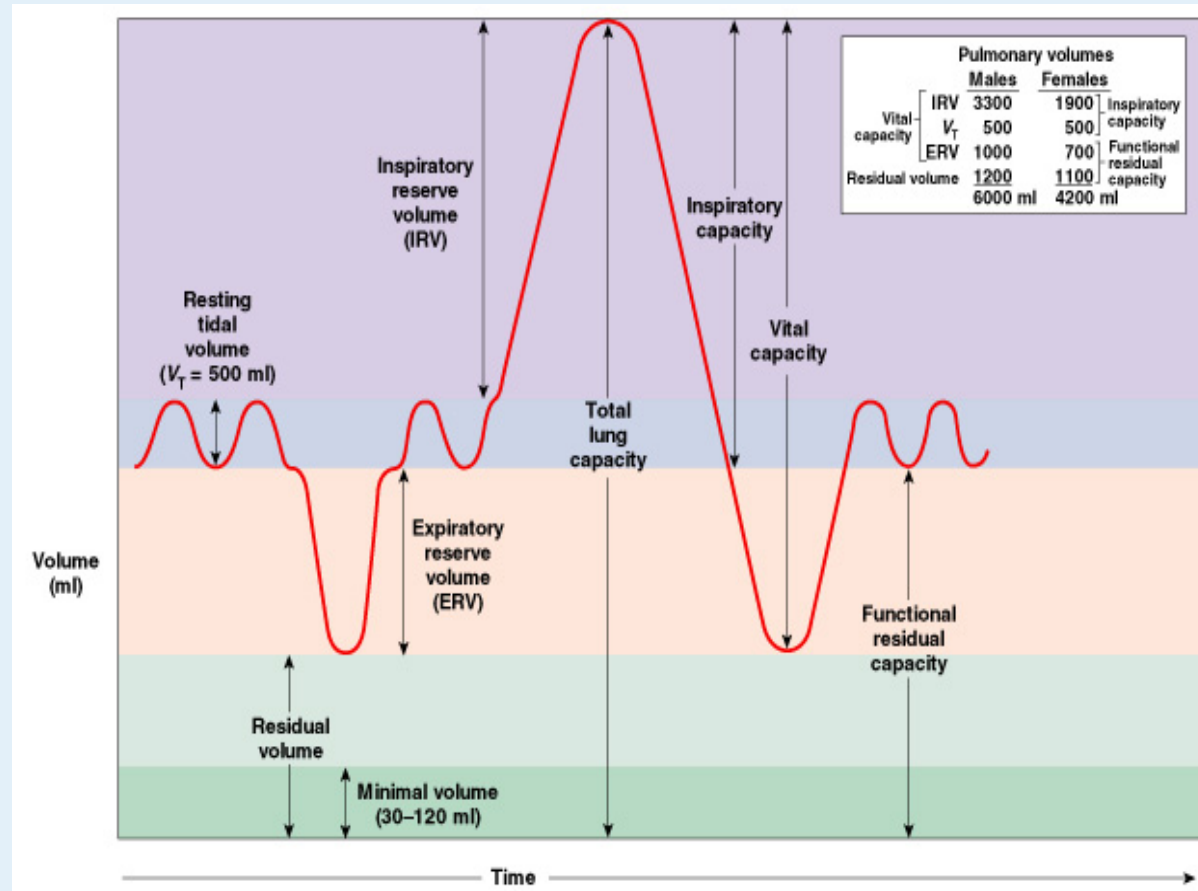
What are we measuring?

- Fev1= forced expiratory volume in 1 second
- Fev6 = Forced exp volume over 6 seconds
- Divide these two measures = ratio
- 1second/6 seconds
- E.g. 4 litres in first second
5 litres in remaining 5 seconds
0.80 of volume exhaled in first second
remaining .20 exhaled over total 6
seconds



Lung volumes and capacities

- 4 lung volumes:
 - tidal (~500 ml)
 - inspiratory reserve (~3100 ml)
 - expiratory reserve (~1200 ml)
 - residual (~1200 ml)
- 4 lung capacities
 - inspiratory (~3600 ml)
 - functional residual (~2400 ml)
 - vital (~4800 ml)
 - total lung (~6000 ml)





In the COPD patient

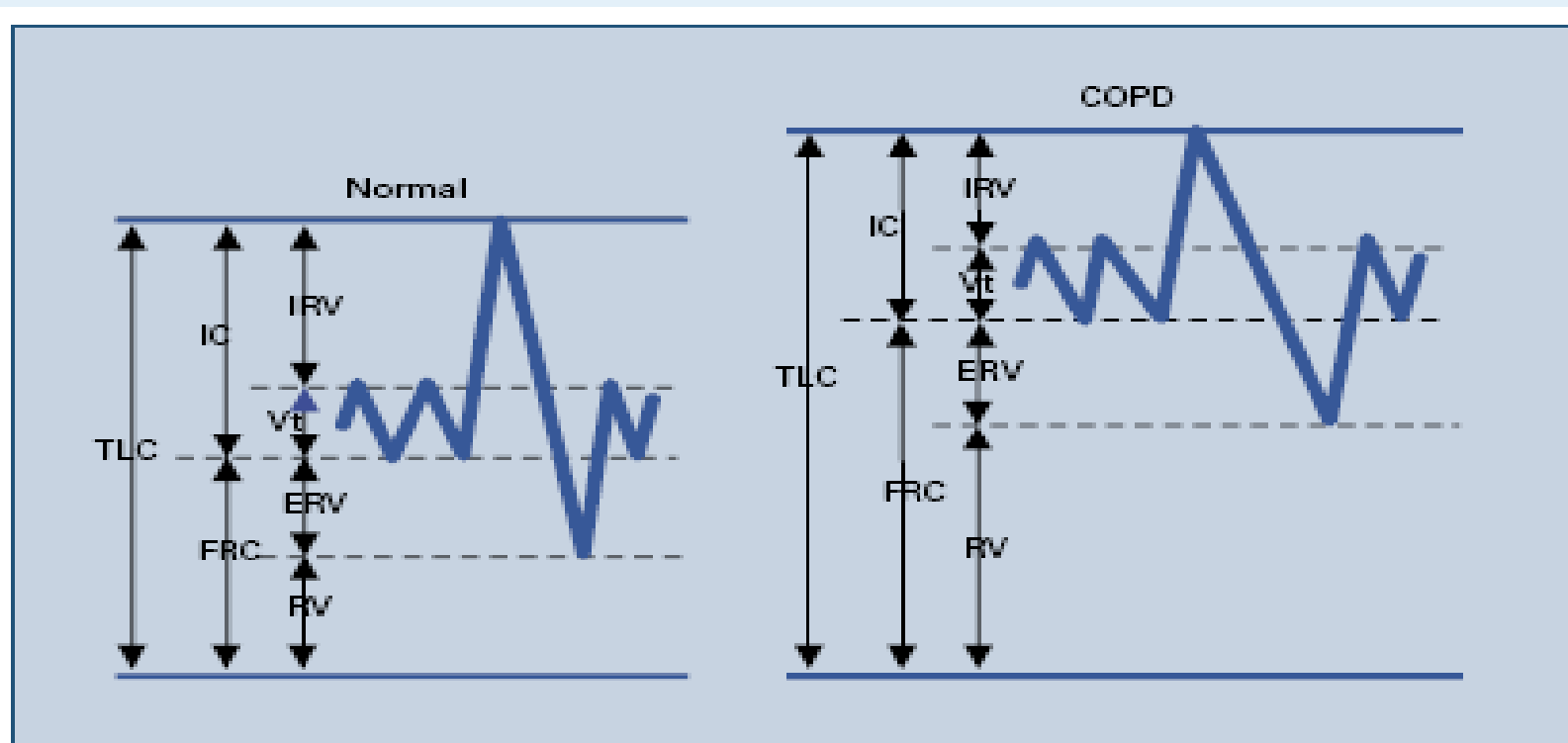


Figure 2. Lung volumes and capacities in normal and hyperinflated (COPD) lungs. The IC is the volume that can be inspired from FRC up to TLC



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Note exclamation mark!. If you get this you need to do it again.

