

COPD Screening Using the Piko-6

Subjects are eligible for a COPD screening test if they are over 35 years of age and have answered 'yes' to at least one of the following questions.

- Are you a smoker or ex-smoker?
- Do you or have you worked in a job that exposed you to dust, gas, or fumes?
- Do you cough several times most days?
- Do you cough up phlegm or mucus most days?
- Do you get out of breath more easily than others your age?
- Do you experience frequent chest infections?



Preparing the Piko-6 for use

The Piko-6 is designed for multiple uses when used with one-way disposable valves:

1. Attach the silicon adaptor on to the mouthpiece.
2. Position the one-way valve over the end of the adaptor using a gentle twisting motion.

The Piko-6 is now ready for use. A new one-way valve should be used with each new patient.

Using the Piko-6

1. The subject should be sitting comfortably.
2. The subject should hold the Piko-6 horizontally in the right hand with the display pointing upwards, ensuring the vent holes are not covered.
3. Press the OPERATE button once with the right index finger to turn on the Piko-6.
4. The Piko-6 is brought up close to the mouth and then the operate button pressed again with the right index finger. A short beep will be heard, and an animation displayed on the screen.
5. Instruct the subject to inhale deeply; insert the mouth piece into their mouth and blow out as hard and fast as possible into the device for at least 6 seconds until the beep sounds.
6. The device should be kept horizontal during this entire process with subject sitting up straight.
7. The test results will be displayed sequentially (i.e. FEV₁, FEV₆, FEV₁/FEV₆) with the subject's risk measured by the colour zone indicator.
8. An exclamation mark (!) will appear if a cough was detected, the effort was too short, had a slow start, or if the result measured was unnaturally high or low. The test should be redone.
9. The Piko-6 will turn off automatically when finished.
10. It is important to repeat the test to get reproducibility of results. It is recommended that 3 tests are undertaken, and the results recorded in the COPD Screening Results Form including FEV₁, FEV₆ and FEV₁/FEV₆ noting the best result.

Results and recommended action

- FEV₁/FEV₆ < .75 – recommend spirometry for diagnostic testing
- Result appears in Red or Yellow zone – recommend spirometry for diagnostic testing
- FEV₁/FEV₆ > .75 (green zone) – recommend discussion with GP based on symptoms and exposure to risk factors indicated by the Lung Health Checklist.

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Preparing the COPD-6 for use

The COPD-6 is designed for multiple use when used with one-way valves:

1. Attach the one-way valve on to the mouthpiece.

The COPD-6 is now ready for use. A new one-way valve should be used with each new patient.

Using the COPD-6

1. The subject should be sitting comfortably.
2. Press the grey button to turn the COPD-6 on.
3. Enter the subject's age by pressing the 'up' or 'down' arrow and, when the correct age is displayed, press the 'enter' button.
4. Enter the subject's height by pressing the 'up' or 'down' arrow and, when the correct height is displayed, press the 'enter' button.
5. Enter the subject's gender by pressing the 'up' or 'down' arrow and press 'enter'.
6. Instruct the subject to take as deep a breath as possible, sit up straight, insert the device between their lips and blow as hard and fast as they can and continue blowing until the beep sounds at six seconds.
7. The results will be displayed in the window. By pressing the 'up' and 'down' arrows the display will show FEV₁, FEV₆, FEV₁/FEV₆ and lung age.
8. An exclamation mark (!) will appear if a cough was detected, the effort was too short, had a slow start, or if the result measured was unnaturally high or low. The test should be redone.
9. It is important to repeat the test to get reproducibility of results. It is recommended that 3 tests are undertaken, and the results recorded in the COPD Screening Results Form including FEV₁, FEV₆ and FEV₁/FEV₆ noting the best result.

Results and recommended action

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- FEV₁/FEV₆ > .75 (green zone) – recommend discussion with GP based on symptoms and exposure to risk factors indicated by the Lung Health Checklist.