

ACOEM Updates Guidelines for Spirometry and Fit Testing During COVID-19 Pandemic

On March 19, 2020, the American College of Occupational and Environmental Medicine (ACOEM) recommended the postponement of routine spirometry and fit testing until further notice. This was done to minimize the risk of exposure to potential infection during these procedures. However, spirometry and fit testing are essential to the health and safety of many workforces; therefore, ACOEM [updated its testing guidelines](#) to make it safer for occupational health providers like Concentra[®] to administer these services during our current pandemic.

Spirometry and Fit Testing Guidelines for Employers

Employers should be mindful of certain guidelines for spirometry and fit testing during the COVID-19 pandemic. These guidelines include (but are not limited to):

Spirometry/Pulmonary Function Testing

- Employees who perform jobs that require a spirometry for pulmonary function testing (PFT) should undergo testing following clearance from a COVID-19 symptom/exposure screening.
- Your care provider should administer a PFT using a spirometer with a high-efficiency, in-line bacterial and viral filter (BVF).
- To ensure testing accuracy, generic filters should not be used during testing.

Fit Testing

- Fit testing is essential for newly assigned employees who are required to use respirators.
- Periodic fit testing can be deferred during the pandemic if the employee has been previously fitted for the current respirator and has no facial changes that could impact respirator fit.
- Fit testing is not required if an employee was previously fitted for a respirator that the manufacturer states is a similar model with a comparable fit.

Trust Concentra with Your Spirometry and Fit Testing Needs

Concentra's clinical guidance for spirometry and fit testing is consistent with the latest ACOEM guidelines. Concentra Coronavirus Task Force consistently reviews and updates clinical and testing protocols to ensure our clinical staff takes the best approach to testing employees during these unprecedented times.

Schedule Spirometry and Fit Testing

Contact your [nearby Concentra medical center](#) or your Concentra account executive for more information or to schedule a spirometry or other procedure.