VYNTUS™ QUICK GUIDE

JAEGER

Maximum Inspiratory-Expiratory Pressures Workflow Quick Guide

Vyntus™ ONE, Vyntus™ ONE-PFT, Vyntus™ ONE-DL, Vyntus™ BODY

1. Select the measurement program "**MIP/MEP**" → 

Either from the Home Page or a measurement program

   IMPORTANT NOTE: **<F2> "Switch"** can be used during the measurement to switch from **MIP** to **MEP** and vice versa → 

   Preparation: Verbally explain measurement to patient and/or give demonstration

2. **Performing a MIP measurement**
   a. Select the program "**MIP**" in the drop-down menu → 

   (MIP is the default program)
   b. Click **<F1> "Start"** to start the MIP measurement → 

   c. Connect the patient to the breathing circuit and coach the patient to relax and breathe normally
   (use of nose clip is mandatory, use of flanged mouthpiece is encouraged to avoid leaks)
   d. After several breaths, instruct patient to exhale completely;
   during expiration, click **<F1> "Continue"** to prepare system for MIP maneuver → 

   e. Near end of expiration, instruct patient to "**Pull Hard!**" breathing in as fast and strongly as possible against the shutter (MIP) - Patient should maintain the inhalation for at least 2 seconds
   f. Click **<F3> "Stop"** to end the MIP measurement → 

   Repeat steps 2b – 2f to assess MIP repeatability*

3. **Performing a MEP measurement**
   a. Select the program "**MEP**" in the drop-down menu → 

   b. Click **<F1> "Start"** to start the MEP measurement → 

   c. Connect the patient to the breathing circuit and coach the patient to relax and breathe normally
   (use nose clip, brace cheeks/ lips with hands, use of flanged mouthpiece is encouraged to avoid leaks)
   d. After several breaths, instruct patient to inhale completely;
   during inspiration, click **<F1> "Continue"** to prepare system for MEP maneuver → 

   e. Near end of inspiration, instruct patient to "**Push Hard!**" breathing out as fast and strongly as possible against the shutter (MEP) - Patient should maintain the exhalation for at least 2 seconds
   f. Click **<F3> "Stop"** to end the MEP measurement → 

   Repeat steps 3b – 3f to assess MEP repeatability*

*Repeatability & Reporting

Minimum of 3 valid trials for MIP and MEP where second best trial is within 10% of the best value
(ATS / ERS Statement on Respiratory Muscle Testing. Am J Respir Crit Care Med Vol 166. pp 518-624, 2002)

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