

Tips and tricks to improve your MBW testing

LCI Core Facility

Create a friendly environment

Testing success is highly dependent on a calm and happy environment

Be flexible and playful during a child's visit

Instructing your subject

Older subjects can understand instructions to breathe normally.

Younger subjects may not understand and therefore need a different approach.

With younger subjects, it is often best not to instruct but rather wait for them to relax.

Between trials

Always provide your subject with a drink in between trials as it can make their mouth dry

Allow young subjects to stretch their legs and play before the next trial

Know when to stop

Sometimes the first test is harder to achieve acceptable results due to the breathing pattern not being relaxed.

Subjects usually improve with practice

Some subjects, especially the younger ones, will not be able to do the test.

They might be too scared or not able to sit still and breathe normally

The subject should always leave happy and sometimes this means stopping testing and leaving it for another day

Use distraction

Allowing your subject to watch a film or TV show during testing is essential.

For older subjects, the test can last a long time.

Younger subjects need to watch something to distract them so they forget they are doing a test and are more likely to breathe normally.

Sitting position during testing

It is important for your subject to sit comfortably upright.

Do not allow your subject to slouch in the chair.

Try using a chair with armrests and ***do not*** use a chair with wheels

Young subjects can either sit on their own or on their parent's lap

Suggestions for successfully testing children.

Advise parents to feed their child before a visit. Hungry children are not compliant!

Consider turning down the lights to distract the child from looking around the room

Be prepared with games and activities to keep the child entertained and happy