

CO Monitor Training

Training on the operating of piCO™ Smokerlyzer® Carbon Monoxide (CO) monitor can be arranged by contacting the Pharmacy Health Improvement Team. Email ggc.pharmacyhit@nhs.scot or telephone 0141 201 4945.

Staff are advised to read the Smokerlyzer® User Manual for operating instructions: [smokerlyzer-manual.pdf \(bedfont.com\)](https://www.bedfont.com/smokerlyzer-manual.pdf)

Preparing the CO Monitor for Use

Prior to undertaking the first CO test, please check the piCO™ Smokerlyzer® is reading correctly by performing a Bump Test. This can be done by performing a breath test yourself (if you are a non-smoker) or with a known non-smoker.

See section within the attached document which shows how to carry out a bump test with a non-smoker.



MKT528 piCO
resuming breath tes

Ensure any alcohol based hand rub on hands is completely dry before handling the monitor and do not use alcohol wipes on the monitor as this affects the CO monitor's function. Only use alcohol based hand rub (ABHR) with an alcohol content lower than 73.5%.

If the CO monitor is not working properly or if it is indicating that a calibration is required, staff should contact the Pharmacy Health Improvement Team. Email ggc.pharmacyhit@nhs.scot or telephone 0141 201 4945.

Infection Control Procedures

Recommencing Carbon Monoxide Monitoring

The Bedfont CO monitor is not classed as an Aerosol Generating Procedure (AGP). The requirement for CO monitoring was paused at the height of the pandemic due to distancing restrictions in place. As COVID-19 restrictions have now been stepped down and services return to pre-pandemic practices, CO monitoring can recommence where appropriate. This is further supported in the April 2023 communication to Health Boards by Tobacco, Health Improvement Division, Scottish Government to recommence CO Monitoring.

A local Health & Safety risk assessment for Carbon Monoxide testing in all QYW services was carried out in June 2023 and is available to staff.

This SOG should be read in conjunction with the National Infection and Prevention Control Manual (<https://www.nipcm.hps.scot.nhs.uk/>) including:

- [Best Practice: Appendix 7-Decontamination of reusable non-invasive care equipment](#)

Assessment of Patient for Infection Symptoms

Prior to any CO Monitoring being undertaken patients should be screened, according to the QYW service setting. This ideally should be undertaken before arrival for the face to face appointment. If this is not possible, then screening questions should be asked on arrival and prior to any CO Monitoring being undertaken. If the patient has a suspicion of respiratory or other infection, or has a known or suspected alert organism (e.g. Group A Streptococcus, C Difficile, MRSA), the CO Monitoring test **should not** be carried out. CO Monitoring will be deferred until the symptoms have resolved.

Hand hygiene

Staff should ensure current standard IPC measures, such as hand hygiene and respiratory etiquette are observed. [HAND HYGEINE GUIDANCE LINK](#)

Ventilation

The Bedfont CO monitor is not an Aerosol Generating Procedure (AGP) and as such, additional ventilation measures are not required. However, staff should ensure that ventilation is optimised wherever possible in line with IPC guidance.

Process for CO Testing

The following process should be adhered to when undertaking a CO Monitor breath test:

- Staff should adhere to standard Infection Control Procedures for hand hygiene and ensure they are frequently cleaning their hands thoroughly i.e. before and after each client. Alcohol based hand rub (ABHR) with an alcohol content lower than 73.5% can be used as an alternative to washing when using the Smokerlyzer® CO monitors. Hands must be completely dry before handling the CO monitor. (Failure to do so may result in the machine giving a faulty reading.)
- Staff member should wipe clean the CO monitor with alcohol free antimicrobial wipes before and after every CO breath test. This includes the D-piece™ which should be removed, wiped and then re-inserted into the device. (Clinell universal wipes have been approved by Bedfont for use with the Smokerlyzer®).

- Ensure a multi-patient use D-piece™ is used with a fresh single-use individually wrapped SteriBreath™ mouthpiece. Best practice is for the SteriBreath™ mouthpiece to be removed from its packaging by the patient who should put it onto the CO monitor. Ask the patient to carry out hand hygiene before handling the mouthpiece.
- Ensure the client is not facing staff member when blowing into the machine.
- Once the breath test has been carried out and reading obtained, staff should ask the patient to remove the SteriBreath™ mouthpiece and dispose of it in the clinical waste bag.
- Once CO monitor is returned to staff member it should be cleaned with alcohol free antimicrobial wipes and allow machine to air dry. This also includes the external surface of the D-Piece. Under no circumstances should the CO instrument be immersed in liquid or splashed with liquid.
- Patient should be instructed to wash hands or use ABHR on completion as appropriate.
- In the case of contamination of the CO monitor by blood or body fluid, the device should be immediately taken out of circulation. The staff member should don disposable gloves and apron provided by QYW and ask the patient to place the CO monitor into a suitable plastic refuse sack or bag; which is held open by the staff member. The bag should be tied and labelled to detail: the contents, the date and any details of the contamination. The CO monitor should then be taken out of circulation and stored in a locked cupboard in the pharmacy until further advice is provided from the Decontamination Group re a suitable cleaning process (request underway).

CO Monitor Consumable Ordering

To order new CO monitors and to order CO monitor consumables, contact the Pharmacy Health Improvement Team.
Email ggc.pharmacyhit@nhs.scot or telephone 0141 201 4945. These include:

- D-Pieces – require changing at least every 30 days or if visibly soiled
- SteriBreath™ mouthpieces (single use)
- Alcohol Free wipes

CO Monitor Maintenance

Staff are responsible for ensuring CO monitors are working properly and maintained and cleaned as per manufacturer's guidance.

If there are any concerns about the CO monitor please contact the Pharmacy Health Improvement Team for advice.
Email ggc.pharmacyhit@nhs.scot or telephone 0141 201 4945.

CO Monitor Disposal

CO monitors must be disposed of responsibly under the Waste Electrical and Electronic Equipment recycling Directive (WEEE Directive) and in line with local management reporting processes.

Link to WEEE Directive: <http://www.hse.gov.uk/waste/waste-electrical.htm>