# Interpretation Of Pulmonary Function Tests A Practical Guide



## INTRODUCTION TO PULMONARY FUNCTION TESTS

Pulmonary Function Tests (PFTs) are a cornerstone of respiratory medicine, providing objective, reproducible measures of lung function. For many clinicians, however, the interpretation of pulmonary function tests can feel daunting. The array of numbers, graphs, and indices—FVC, FEV1, TLC, DLCO, and more—can be overwhelming if not approached systematically. This practical guide is designed to demystify the process, offering a clear, step-by-step framework for the interpretation of pulmonary function tests, helping you move from raw data to a confident clinical assessment. Whether you are a pulmonologist, a primary care provider, a respiratory therapist, or a trainee, mastering this skill is essential for diagnosing and managing a wide range of respiratory conditions.

This article will equip you with the tools to identify obstructive and restrictive patterns, assess severity, evaluate gas exchange, and recognize common pitfalls. By the end, you will have a reproducible, logical approach that turns a complex report into an actionable clinical picture.

## UNDERSTANDING THE CORE COMPONENTS OF A PFT REPORT

Before we dive into systematic interpretation, it is vital to understand the key measurements that typically appear on a standard PFT report. These can be grouped into three broad categories: spirometry, lung volumes, and diffusion capacity.

# Spirometry: The First Step

Spirometry measures how much air you can inhale and exhale and how quickly you can do it. The two most important values are:

- **Forced Vital Capacity (FVC):** The total volume of air that can be forcefully exhaled after a maximal inhalation.
- **Forced Expiratory Volume in one second (FEV1):** The volume of air exhaled during the first second of the FVC maneuver.

The ratio of these two values, the **FEV1/FVC ratio**, is the key to distinguishing between obstructive and restrictive physiology. Most modern reports also include the forced expiratory flow at 25-75% of FVC (FEF25-75%), which can be a more sensitive marker of small airway disease, though it is more variable.

# Lung Volumes: Beyond the Spirometer

Spirometry alone cannot measure the air that remains in the lungs after a maximal exhalation (residual volume). To assess total lung capacity (TLC) and its subdivisions, we need additional techniques such as body plethysmography, nitrogen washout, or helium dilution. The key volumes include:

- **Total Lung Capacity (TLC):** The total volume of air in the lungs after a maximal inspiration.
- **Residual Volume (RV):** The volume of air remaining in the lungs after a maximal expiration.
- **Functional Residual Capacity (FRC):** The volume of air remaining in the lungs at the end of a normal, passive exhalation.

Determining if TLC is low, normal, or high is essential for confirming a restrictive defect.

# Diffusion Capacity (DLCO): Evaluating Gas Exchange

The diffusing capacity for carbon monoxide (DLCO) measures how efficiently gas transfers from the alveoli into the pulmonary capillary blood. It is a powerful indicator of the integrity of the alveolar-capillary membrane. A low DLCO suggests a problem with gas exchange, while a high DLCO can be seen in conditions like asthma, polycythemia, or pulmonary hemorrhage.

## A STEP-BY-STEP APPROACH TO THE INTERPRETATION OF PULMONARY FUNCTION TESTS

To ensure consistency and avoid overlooking key findings, follow this structured, practical algorithm. This approach is widely taught in pulmonary fellowship programs and is supported by guidelines from the American Thoracic Society (ATS) and the European Respiratory Society (ERS).

# Step 1: Assess Test Quality and Reproducibility

Before interpreting any numbers, you must determine if the test is valid. Look for:

- **Flow-volume loop shape:** A well-performed effort should

show a sharp, rapid rise to a peak and a smooth, continuous descent. A cough, early termination, or variable effort can distort the curve.
- **Reproducibility:** The ATS recommends that the two best FVC and FEV1 values should be within 150 mL of each other. If not, the test results may be unreliable.
- **Acceptability:** The maneuver should have a good start (extrapolated volume less than 5% of FVC or 150 mL), no cough during the first second, and no leak.

If the test is of poor quality, the interpretation of pulmonary function tests becomes unreliable. Always note this in your assessment.

# Step 2: Determine the Pattern – Obstructive vs. Restrictive

The first diagnostic branching point uses the **FEV1/FVC ratio**.

- **Obstructive pattern:** A reduced FEV1/FVC ratio (typically below the lower limit of normal, or LLN, which is often around 0.70 in adults, but age-dependent). This indicates that airflow is limited, often due to airway narrowing. Common causes include COPD, asthma, and bronchiectasis.
- **Restrictive pattern:** A normal or increased FEV1/FVC ratio but a **reduced TLC** (below the LLN). Spirometry alone often shows a reduced FVC with a normal FEV1/FVC ratio (a "non-obstructive" pattern), but lung volumes are required to confirm restriction. Common causes include interstitial lung disease (IPF, sarcoidosis), chest wall deformities (kyphoscoliosis), and neuromuscular weakness.
- **Mixed pattern:** Both a reduced FEV1/FVC ratio and a reduced TLC. This can be seen in conditions like COPD with concurrent pulmonary fibrosis or in patients with severe kyphoscoliosis.

It is critical to remember that a low FVC with a normal FEV1/FVC ratio is not automatically a restrictive pattern. Poor effort, poor inspiration, or air trapping can cause this. Always rely on TLC for confirmation.

# Step 3: Assess Severity

Once the pattern is established, the severity of the abnormality is graded. Multiple guidelines exist, but a widely used system for the interpretation of pulmonary function tests based on percent predicted values is:

- **FEV1 (for obstruction):** Mild (≥70% predicted), Moderate (60-69%), Moderately Severe (50-59%), Severe (35-49%), Very Severe (<35%).
- **TLC (for restriction):** Mild (70-80% predicted), Moderate (60-69%), Severe (<60%).

For DLCO, a common severity scale is: Mild (60-75% predicted or LLN to 60%), Moderate (40-60%), Severe (<40%). Always use the

lower limit of normal (LLN) from a reputable reference population when possible, as percent predicted alone can be misleading, especially at the extremes of age and height.

# Step 4: Evaluate the Response to Bronchodilator

Most PFT reports include spirometry before and after administration of a rapid-acting inhaled bronchodilator (e.g., albuterol). A significant bronchodilator response is traditionally defined as an increase in FEV1 and/or FVC of at least 12% and 200 mL from baseline. A significant response supports a diagnosis of asthma, though its absence does not rule it out, especially in patients on maintenance therapy. In COPD, the degree of reversibility is often less pronounced, but some response can be present.

# Step 5: Analyze the DLCO and Other Indices

Incorporating the DLCO is where the interpretation of pulmonary function tests becomes truly insightful.

- **Low DLCO with obstruction:** Suggests emphysema or pulmonary vascular disease.
- **Low DLCO with restriction:** Suggests interstitial lung disease (ILD).
- **Normal or high DLCO with obstruction:** Suggests asthma, chronic bronchitis, or acute heart failure.
- **Normal DLCO with a restrictive pattern:** Consider causes outside the lung parenchyma, such as chest wall disease, neuromuscular disease, or a poor inspiratory effort.

Other ratios, such as the **RV/TLC ratio**, are useful for assessing hyperinflation and air trapping. A high RV/TLC ratio is typical in obstructive diseases like COPD.

# Step 6: Integrate the Clinical Context

No test exists in a vacuum. The final and most critical step is to integrate the PFT findings with the patient's history, physical examination, imaging (chest X-ray, CT scan), and other laboratory data. For example, an isolated low DLCO in a asymptomatic non-smoker might point to early pulmonary vascular disease. A mild obstructive pattern in a 60-year-old smoker with exertional dyspnea is highly suggestive of COPD. Always ask: Do the PFT results fit the clinical picture?

## COMMON PITFALLS IN INTERPRETATION

Even experienced interpreters can stumble. Be aware of these frequent errors in the interpretation of pulmonary function tests:

- **Over-reliance on percent predicted:** The LLN is a more accurate statistical boundary. A value can be below 80% predicted but still be within the normal range for a given patient.
- **Mislabeling restriction based on spirometry alone:** As noted, a low FVC is not diagnostic of restriction. You must verify with TLC.
- **Ignoring the flow-volume loop shape:** A classic "scooped-out" appearance is highly suggestive of emphysema, while a "variable intrathoracic obstruction" pattern can indicate tracheomalacia or vocal cord dysfunction.
- **Not accounting for race and ethnicity:** Historically, reference equations have used race-specific adjustments. The use of race-neutral equations (e.g., GLI-2021) is now recommended by many societies to reduce health disparities. Be aware of which equations your lab uses.
- **Over-interpreting a single test:** Especially in early disease, PFTs can be normal. Serial testing over time (looking at rate of decline) is often more valuable than a single snapshot.

## WHEN TO REFER FOR MORE ADVANCED TESTING

If the initial interpretation of pulmonary function tests is inconclusive, or if the pattern is unusual, further testing may be indicated. This can include:

- **Cardiopulmonary exercise testing (CPET):** For evaluating dyspnea on exertion when PFTs are normal.
- **Bronchoprovocation testing (methacholine challenge):** To assess airway hyperresponsiveness in suspected asthma with normal baseline spirometry.
- **Maximal inspiratory and expiratory pressures (MIP/MEP):** To evaluate respiratory muscle weakness.
- **High-resolution CT chest (HRCT):** Essential for evaluating suspected ILD or emphysema.

## CONCLUSION

The interpretation of pulmonary function tests is a skill that improves with practice and a systematic approach. By learning to first assess quality, then classify the pattern, grade severity, evaluate the DLCO, and finally integrate the clinical picture, you can transform a page of numbers into a powerful diagnostic narrative. This practical guide serves as a foundation, but the best learning comes from reviewing actual PFT reports alongside patient cases.

Remember that the goal is not just to label a condition as "obstructive" or "restrictive," but to understand the underlying pathophysiology and how it relates to the patient's symptoms. With this structured approach, you will be well-equipped to provide accurate, meaningful interpretations that directly guide patient care. Continue to consult updated ATS/ERS guidelines and reference your local laboratory's normal ranges to ensure your interpretations remain both current and precise.