

Breathco

Record ID

Notes:

Before visit starts, make sure the CO KIT includes:

- CO Monitor
- D-piece
- Mouthpieces
- Hand Sanitizer
- Tissues

Turn on CO monitor; if calibration icon appears, use different CO monitor for this visit and let a coordinator know calibration is needed.

Notes:

1. Ensure your printed copy of the iCOquit guide is in front of you.
2. If you haven't already, log into the iCOquit app with the PPT's credentials.

Email address: [intake_arm_1][irf_ico_email]

If the above is blank, then Email address: [ta1rf_ico_email]

If both of the above are blank, update the T/A 1 Record Form with the email address for [phone_screen_arm_1][prefname]'s iCOquit account.

Password: R!se[record_id]

3. Confirm that you successfully logged in by checking the email in "Manage Profile" in the sidebar. If needed, close and re-open the app.

Next, I'll be collecting a breath sample from you. Do you have your iCOquit device with you?

- ☐ Yes
☐ No
-

Great, I'll walk you through the process now.

So we won't be able to collect the breath sample right now. But you can still do the breath sample when you have your iCOquit device and send it in to us.

Please follow the instructions for collecting the sample then email the reading to us at bhealth@buffalo.edu.

If we receive that reading within 12 hours we will verify it in the app then you will receive the \$10 for providing the sample. Do you have any questions?

(Answer any questions participant has.)

So we won't be able to collect the breath sample right now. But you can still do the breath sample when you have your iCOquit device. Once you do, please call or text us so that we know it has been completed.

If we receive that reading within 12 hours and can verify it in the app, then you will receive the \$10 for providing the sample. Until then, you will only receive \$20 for completing today's session. Do you have any questions?

(Answer any questions participant has.)

Next, I'll be collecting a breath sample from you. I'll walk you through it.

Time now:

[phone_screen_arm_1][prefname], I am going to explain the steps we will take to ensure the instructions are clear. Then we will get started...

When I tell you to do so, you will take one deep breath and hold it. I am going to press this button here (point to monitor) after which the monitor will count down from 15 to 0 and you will hear a series of 3 beeps.

After the third beep, place your mouth firmly around the plastic tube and exhale all of your air slowly and steadily.

Do you have any questions?

OK, let's begin.

First, please select either Male or Female on the monitor. What you pick is completely up to you, and it will not affect your breath test result.

While looking away, allow the PPT to select Male or Female on the monitor. Then, look for the icon instructing the PPT to breathe in. Once this appears... SAY: Okay, now take a deep breath and hold it.

Hold the monitor out so the PPT can see the timer countdown. After the third beep... SAY: Go ahead and blow slowly and steadily.

When the test is finished, you will see three icons (music note, house, floppy disk) at the bottom of the screen. Enter the reading into the space that says "CO Reading #1."

NOTE: If you believe the CO reading is NOT accurate/valid (e.g., person coughed during exhaling, did not have a secure seal around the mouthpiece, did not have a full breath or exhale), say 'no' to the validity question. You can complete up to 3 attempts.

NOTE: If the participant asks about CO:

- Carbon Monoxide is a colorless, odorless gas produced from the incomplete burning of virtually any combustible product.
- CO may accumulate indoors as a result of tobacco smoking, poorly ventilated appliances, and attached garages.
- CO enters the blood from the lungs and combines with hemoglobin, blocking the blood's ability to carry oxygen to body cells.

Now, let's prepare to obtain a breath sample with the iCOquit app. First, you'll need to log into the app. I'll read the directions one-by-one, and you can follow along with steps 1-3 in your guide to the CO monitor.

Step 1. If it is not already on your device, get the iCOquit app. Since you have an [phone_screen_arm_1][ps_phone_os] device, download the app from (if Apple) The App Store (or, if Android) Google Play.

Step 2. Open the app and wait for the Sign In screen to appear. If you get pop-ups about Bluetooth or notifications, press OK.

Step 3. Sign in with your unique log-in credentials. As a reminder, your password is _____. **Once the "Intake Record Form" instrument is created, we can pipe in the credentials**

Next, let's connect your iCOquit Smokerlyzer to your phone. Let's double check that no other devices are connected to Bluetooth on your phone.

Guide the PPT in doing so.

I'll read the directions one-by-one, and you can follow along with steps 4-6 in your guide to the CO monitor.

Step 4. From the home screen, press the Breath Test button on the bottom right.

Step 5. You will see a 'Hygiene Warning' reminding you not to share your CO monitor with anyone. Press Continue.

Step 6. Press and hold the Power Button on the iCOquit Smokerlyzer. It will light up blue, and you should see a screen with a checkmark. However, if you see a screen that says, 'Try again,', press Retry.

Guide the PPT in doing so.

Now, you will obtain a breath sample. Please stand up and re-adjust your camera so I can see you from the chest up.

Guide the PPT in doing so.

First, I'll read the directions so you know what to expect. You can follow along with steps 7-9 in your guide to the CO monitor.

Step 7. Once it appears, press New Breath Test at the bottom of the screen. Then, take a deep breath in through your nose.

Step 8. Hold your breath for 15 seconds. If you can't hold your breath that long, hold for as long as comfortable - then go to Step 9.

Step 9. Slowly breath out into the device. Do NOT cover the vent hole while exhaling.

Do you have any questions?

Answer any questions.

Great, let's begin! Press New Breath Test at the bottom of the screen. Then, take a deep breath in through your nose.

Observe as the PPT does so.

Hold your breath for 15 seconds. If you can't hold your breath that long, hold for as long as comfortable.

Observe as the PPT does so.

Start breathing out into the device. Do NOT cover the vent hole while exhaling.

Observe as the PPT does so.

Once the PPT is done, their CO result should show up on the 'Results' page of the iCOquit app on your phone. Access the Results page from the bottom-left of the Dashboard. Take a screenshot and enter the value into the relevant "CO Attempt" box.

NOTE: If you believe the CO reading is NOT accurate/valid (e.g., person coughed during exhaling, did not have a

secure seal around the mouthpiece, did not have a full breath or exhale), say 'no' to the validity question. You can complete up to 3 attempts.

NOTE: If the participant asks about CO:

- Carbon Monoxide is a colorless, odorless gas produced from the incomplete burning of virtually any combustible product.
- CO may accumulate indoors as a result of tobacco smoking, poorly ventilated appliances, and attached garages.
- CO enters the blood from the lungs and combines with hemoglobin, blocking the blood's ability to carry oxygen to body cells.

Indicate CO monitor used

- ☐ Hawk #1
☐ Hawk #2
(Please select the CO monitor used for this visit. The label information can be found on the CO monitor. This field was created on 01/09/23 in order to track which CO monitors were experiencing technical issues.)

Indicate CO monitor used

- ☐ Schnoll #1
☐ Schnoll #2

CO Reading #1?

(Record the maximum value)

CO reading > 60. Please follow SOP procedure for high readings.

Is the reading for CO #1 valid?

- ☐ No
☐ Yes
☐ Unable to determine because CO procedure was not observed.

Calculated value for CO#1:

OK, let's try that once more.

NOTE: Remind the person of key instruction elements to ensure any problem with the sample is corrected (e.g., be sure to exhale completely).

CO Reading #2?

(Record the maximum value)

Is the reading for CO #2 valid?

- ☐ No
☐ Yes
☐ Unable to determine because CO procedure was not observed.

Calculated value for CO#2:

OK, let's try that once more.

NOTE: Remind the person of key instruction elements to ensure any problem with the sample is corrected (e.g., be sure to exhale completely).

CO Reading #3?

(Record the maximum value)

CO reading > 60. Please follow SOP procedure for high readings.

Is the reading for CO #3 valid?

- ☐ No
☐ Yes
☐ Unable to determine because CO procedure was not observed.

Calculated value for CO#3:

CO reading > 60. Please follow SOP procedure for high readings.

Since the participant has obtained a valid breath sample, upload a screenshot of the iCOquit result. As a reminder, you can access the Results page from the bottom-left of the iCOquit Dashboard.

If you are not able to obtain a screenshot of the iCOquit result, please explain why below.

12 hour start time for reading to be collected

CO Reading received from email and/or app

(Record the maximum value)

Time CO reading completed

Was CO reading received in 12 hours?

Regardless of whether you obtained a breath sample, which troubleshooting methods did you use? Check all that apply.

- ☐ Turned off and turned on Bluetooth
- ☐ Closed and re-opened the iCOquit app
- ☐ Deleted and re-installed the iCOquit app
- ☐ Galaxy Phone Bluetooth Connectivity Improvement
- ☐ Downloaded the iCOquit app on an alternate device
- ☐ Called Covita for assistance (800)-707-5751
- ☐ Other _____

Final CO Reading

Number of invalid COs

CO Notes:

(Especially important if CO had to be assessed multiple times.)

CO Notes:

(Especially important if CO had to be assessed multiple times or wasn't assessed at all. Document all troubleshooting efforts.)

CO End time:
