

3.01 Setting up a new Continuous Laryngoscopy during Exercise (CLE) service for the diagnosis of Exercise Induced Laryngeal Obstruction (EILO) at Connolly Hospital, Dublin

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Background: CLE is a diagnostic procedure that allows real-time visualisation of the larynx during exercise, providing valuable insights into exercise-induced laryngeal dysfunction (e.g. EILO).

Methods: The implementation of a CLE service involved:

1. Infrastructure and Equipment: A room equipped with a high-quality laryngoscope and video recording system. Cardiopulmonary exercise testing (CPET) equipment with cycle ergometer and range accessories adapted specifically for the procedure.
2. Staffing and Training: Respiratory Consultant, Respiratory Physiologist and Respiratory Nurse specialist. All highly trained and experienced.
3. Patient Selection and Preparation: A standardised protocol was developed to identify individuals with suspected EILO. Pre-examination preparation involved baseline physiology tests, pre-test preparation, informed consent.

Results: Service established in March 2023, 3 patients tested to date. One patient diagnosed with EILO, 2 referred for further investigations.

Conclusion: This CLE service is the first in Ireland and will allow us to gain valuable insights into EILO and improve patient care. It requires careful planning, infrastructure development, staff training, and standardised protocols for service delivery. A priority is to establish an aftercare pathway involving a multidisciplinary team.

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Conflict of Interest: The authors declare that they have no conflict of interest.

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