



How To Use Inhalers

Improved MDI Inhaler Technique observed in Adult Asthma Patients with Web based Education

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Introduction

Clinical studies show inadequate inhaler technique is one of the major leading causes of Asthma treatment failure.

The traditional method of patient education on inhalers does not give proper time and opportunity for patients to learn & practice the correct technique at their own pace.

High rates of incorrect technique show the need of more effective educational tools.

Methods

Our team brainstormed the education process to create interactive components like "**How to inhale**", this tool addresses errors that result from failure to take slow & deep breaths & the correct time to press the inhaler. '**How to use inhaler**' Step by Step illustration of correct inhaler technique "**Interactive Inhaler Quiz**" – points out common errors while inhaling & tips to avoid them

Results

Less Misuse of inhalers, effective drug intake into the lungs, improved patient satisfaction & better treatment plan and outcome.



A new enhanced approach to inhaler training & asthma education is likely to be more effective alternative to the conventional methods.

Conclusions

Patients need time & constant practice to perfect their inhaler technique.

Using web based education for persistent training can save health care provider's time and give better treatment results.