

How To
Use Inhalers



Enhance Patient Education
with
Interactive Technology

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WHAT ARE THE MAJOR ISSUES WITH PATIENT EDUCATION?

- Multiple Inhaler devices - Complex instructions
- Patient and provider knowledge needs improvement
- Inhaling Skills can't be learned easily from written or verbal instructions
- Busy providers – not able to devote the time needed



Why?

Devices Vary

Different types of inhalers require different techniques



Teachings Vary

Lack of clear instructions on correct use of inhalers




Patients Vary

Individual ability to learn the correct inhaler technique



WHAT DO PATIENTS NEED TO KNOW?

- Can patients breathe with the device?
 - Can patients use the device properly?
 - Can patients understand what mistakes to avoid?
 - Do patients remember critical steps even after continuous device usage?
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CAN PATIENTS USE THE DEVICE?

- **Problem:**

Too many steps, complex techniques and poor retention

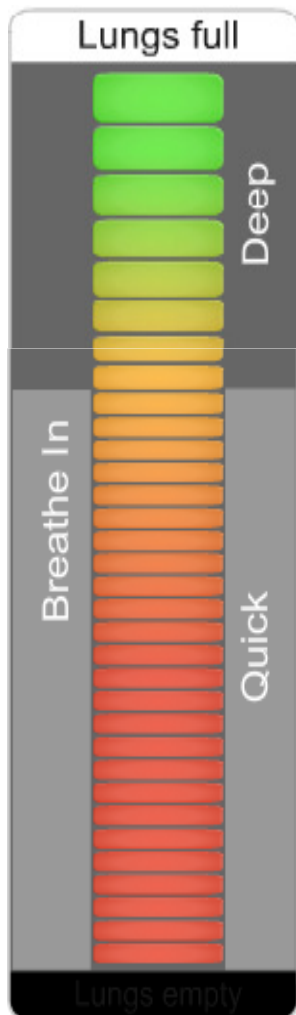
- **Solution:**

Audio-Visual Interactive Self Learning with step-by-step instructions



Problem: Different breathing patterns needed

Solution: “How to Inhale” App



“**Breath Bar**” to pace breathing speed, identify the empty lung, full lung and correct actuation points.

Practice actuation with pen or empty inhaler.

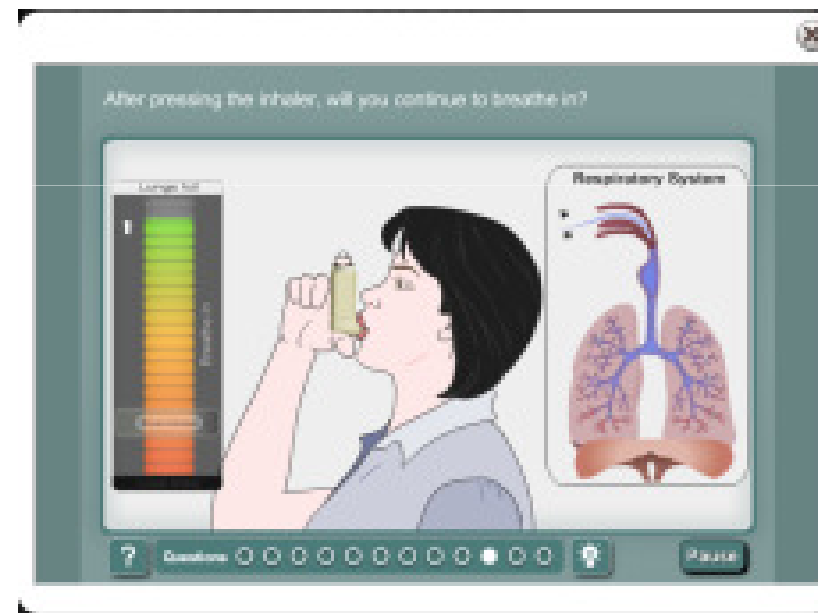
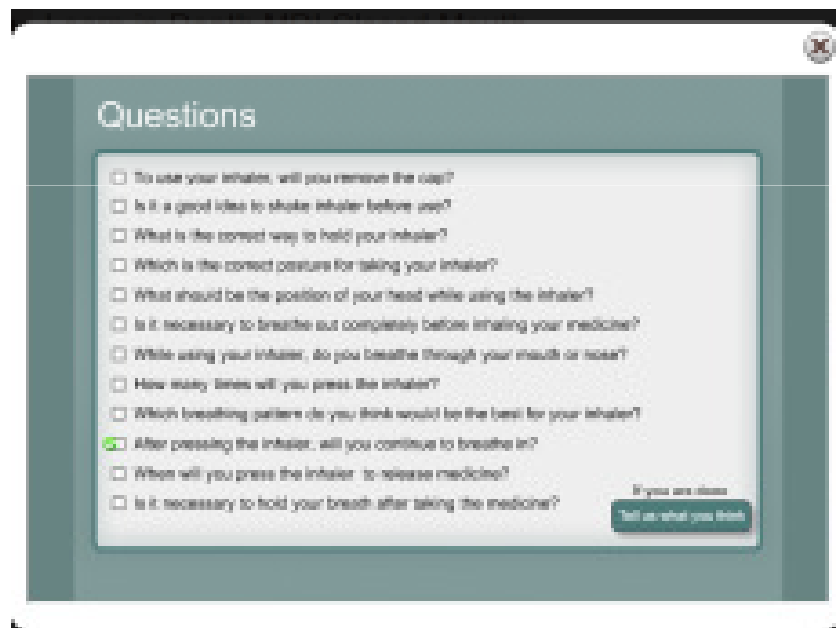
Practice with WEBCAM



PROBLEM: UNDERSTANDING KEY ASPECTS

SOLUTION: “TAKE A QUIZ”

Interactive questions & answers using animations



CAN PATIENTS UNDERSTAND WHAT MISTAKES TO AVOID?

Problem:

Lack of knowledge of what happens when they do mistakes and what happens when do it correctly?

○ Solution:

Audio-Visual feedback on responses to questions formulated based on most common mistakes done by majority of patients.



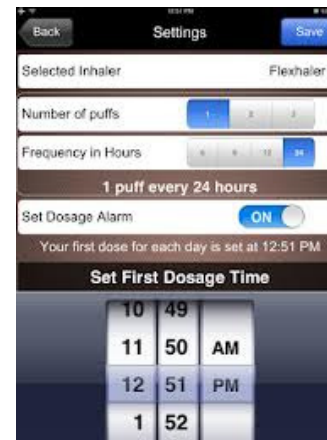
DO PATIENTS REMEMBER CRITICAL STEPS EVEN AFTER CONTINUOUS DEVICE USAGE?

Problem:

Same issues – Multiple Inhalers, Many Steps, Complex Devices, Never trained, long gaps of retraining.

○ Solution:

Reinforced regularly every time they use the inhalers with the exact steps.



REINFORCEMENT – ASSIST ME

- An App that Assists and not makes you work
 - Reminder and Alerts
 - Reinforcement of usage instructions
 - Usage of Multiple Inhalers
 - Reminders by Location
 - Reminders by Environmental factors such as pollen count

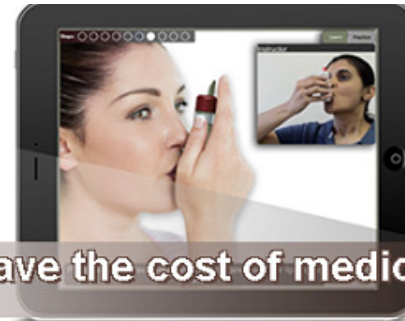


TECHNOLOGICAL INNOVATION TO ENHANCE PATIENT EDUCATION



How To Use Inhalers

Practice real time using innovative webcam



Save the cost of medicine

Get Started by choosing your inhaler

MDI with Spacer

English Español



MDI with Spacer



MDI Closed Mouth



MDI Open Mouth



Diskus



Handihaler



Twisthaler



Autohaler



Aerolizer



Flexhaler



Neohaler



Respimat



TAKE AWAY MESSAGE

1. Web/mobile device based patient education is likely to be more effective and accessible for teaching inhaler technique.
2. Many potential ways to use the technology
 - Patient education – in provider office – “inhaler kiosk”, In patient, ER, Pharmacies, Patient home, schools
 - Provider Education – for office/hospital staff, accreditation requirements, CME,
 - Vision to allow physician’s computer (and care plan) to communicate with patient devices and vice versa.

