

Improper Inhaler Technique is a Serious Problem



Why?

Devices vary

Different types of inhalers require different techniques

Patients vary

An ability to learn the correct inhaler technique

Teachings vary

Lack of clear instructions on correct use of inhaler device



How To
Use Inhalers

What are the Major Issues?

- ❑ Inhaler devices are confusing and they require the performance of several steps in the correct order.
- ❑ Inhaling Skills can't be learned easily from written or verbal instructions
- ❑ Few patients are aware that their inhaler technique is faulty
- ❑ Inhaling techniques need reinforcement training to be maintained



Could Our Training be Better?

Good Teaching Techniques should include

An Audio-Visual instructions to teach the correct speed of inhalation

☐-How to inhale through MDI / DPI devices

Step by Step demonstration on correct inhaler technique

☐- How to use an inhaler device

Real time visual feedback oriented training

☐-Practice with the onscreen instructor

An interactive quiz to evaluate the technique

☐- Check the frequently made errors and get useful tips



Good Training Solutions Include

- ❑ Different levels of training for different age groups
- ❑ Interactive and engaging with animations
- ❑ Teaching in multiple languages
- ❑ Training available online and on multiple devices like iPad and iPhone
- ❑ Ability to share the results for feedback



Training Needed for Health Professionals

- ❑ An up to date knowledge of correct inhaler technique lacks in health professionals
- ❑ Little attention paid to teaching, checking and rechecking the inhaler technique
- ❑ If health care professionals are competent and confident about correct use of inhalers, we can be sure that patients will be trained efficiently
- ❑ Solution: Reinforced training conducted with CME credits to encourage the medical professionals

Points To Take Away

Using quality innovative tools to educate inhaler users can

- ❑ Improve inhaler technique
- ❑ Improve the adherence with inhaler therapy
- ❑ Optimize the use of inhaler therapy
- ❑ Reduce the adverse events associated with inhaler treatment
- ❑ Allow assessment of their individual inhaler technique
- ❑ Reinforce good practice technique