

Educational Videos are Prime for Inhaler Training Techniques

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Have you ever been instructed by a health care professional on how to use your inhalers, and then another professional tells you to do it differently? This can be confusing and frustrating, sometimes even getting in the way of effective communication and trust among patients and health care professionals.

With so many different types of inhalers and new ones coming out as well, there is often a lack of knowledge about technique on the part of well-meaning health care professionals. In addition, time to educate patients is often brief or non-existent. All this makes for ineffective inhaler technique for some individuals with COPD. Far too often this is a waste of time and money, but moreover, improper inhaler technique leads to poor absorption of the medications designed to relieve respiratory symptoms.

The COPD Foundation's Educational Video Series on Inhalers and more can be viewed at:
<http://www.copdfoundation.org/Learn-More/For-Patients-Caregivers/Educational-Video-Series.aspx>

What's the solution to the education of inhaler technique? Not all individuals can effectively understand and learn from written materials, so other methods should be used to help explain inhaler usage. These may include use of pictograms, leaflets, or videos. Pictorial representations have been shown to improve recall of medical instructions in a clinical setting and pictograms have been shown to be an effective tool as well, enhancing consultations and aiding understanding. However, videos trump them all. Video tutorials are the best option for high-quality, consistent and repeatable patient instruction and furthermore, a cost-effective and efficient method of providing basic information to patients about the disease and its treatment.

The COPD Foundation recognizes the challenges that health care professionals as well as patients face regarding proper education. The Foundation is proud to have worked in collaboration with Use-Inhalers to develop an up-to-date, best practice tool for effective

inhaler technique: Learn Quick inhaler tutorial videos. Our experts reviewed each of the instructional steps for all the COPD inhalers listed on our website.

These instructional steps are consistent with the Big Fat Reference Guide® (BFRG) and the American Association for Respiratory Care (AARC) booklet, *A Patient's Guide to Aerosol Drug Delivery*. In collaboration with Use-Inhalers the COPD Foundation now offers the Learn Quick inhaler tutorials as part of our online video library.

Not only do we encourage inhaler users to review the online videos on our website, but we urge patients to tell their health care professionals about the videos also. These videos can be viewed in doctors' offices and other health care facilities. We can work with hospital systems to implement the training videos virtually anywhere there is an Internet connection. A training kiosk, similar to a blood pressure monitor found in a drug store, is another viable option for hospitals and clinics.

Below is a list of inhalers:

Aerolizer—Aerolizer is a single dose dry powder inhaler that comes in a capsule. You insert the capsule in the Aerolizer chamber and inhale the powder through your mouth. Do not swallow the capsule.

Autohaler—Autohaler is a type of metered dose inhaler activated by breath that does not require the breath-hand coordination to inhale the aerosol medicine. This can be very useful for people who have trouble with the timing and coordination needed to use the metered dose inhaler.

Diskus—A Diskus is a dry powder inhaler device that delivers the measured dose of medication in a fine powder form. It is breath actuated, which means you just

Are you following all the proper steps for your inhaler? Test yourself by taking a quiz to check your knowledge and technique! Please visit www.USE-INHALERS.com for more interactive and in-depth learning videos.

have to breathe in quickly and deeply to use it. These usually have a combination of long-acting bronchodilators and corticosteroids and are to be used daily.

Flexhaler—Flexhaler is a type of dry powder multi-dose inhaler. An inhaler that contains an anti-inflammatory medicine used to treat inflammation that can be directly inhaled into the airways through the inhaler.

Handihaler—Handihaler is a single-dose dry powder inhaler that comes in a capsule. You insert the capsule in the Handihaler and inhale the powder through your mouth. Do not swallow the capsule.

MDI Closed Mouth—Metered dose inhaler is a device that delivers a measured amount of aerosolized medicine into the lungs. The medication in a metered dose inhaler is most commonly a bronchodilator, corticosteroid or a combination of both.

MDI with Spacer—A spacer is a 4-8 inch tube that fits on the end of the MDI mouthpiece. Spacers are available by prescription only. Spacers prevent medication from depositing directly on the throat, which is common when using the closed mouth technique.

Neohaler—Neohaler is a single-dose dry powder inhaler that comes in a capsule. You insert the capsule in the Neohaler chamber and inhale the powder through your mouth. Do not swallow the capsule directly.

Respimat—Respimat inhaler is a multi-dose, propellant-free, hand-held, liquid inhaler that represents a new category of inhaler devices.

Twisthaler—Twisthaler is a multi-dose dry powder inhaler. An inhaler that contains an anti-inflammatory medicine used to treat inflammation that can be directly inhaled into the airways through the inhaler. 🌸

USING INHALERS COULDN'T GET SIMPLER THAN THIS! IT'S WIN-WIN FOR BOTH PATIENTS AND PROFESSIONALS

Learn & Earn Credits.

Key features:

1. Single Website for Inhalers and Nebulizers training.
2. Interactive Audio-visual Tutorials with webcam feature for real time practice for patients.
3. Available in Multiple languages and in Multiple platforms
4. Professional education for RTs, Nurses & Pharmacists.
5. Animated Videos on Asthma and Inhalers for kids /teens.



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Available on the App Store:
How to use Inhalers · Assist Me with Inhalers