
Pathway Pearls



Proper Inhaler Technique: Are you equipped to teach this?

With so many inhalers,
how can you be the expert?

Learning Objectives



- Review CTS/GOLD standards
 - Identify resources available for staff/patient teaching
 - Instill confidence to teach inhaler use within frontline staff
 - Share site learnings
 - Identify 2 Pathway Pearls to assist implementation
-

Outline



- Best Practice Recommendations
 - Available Inhaler Education Resources
 - The Ins and Outs of teaching inhaler technique
(Lise Morin, RRT, CRE, CTE, Royal Alex Hospital)
 - Group Discussion:
 - Who:** Who within your site teaches patients inhaler technique?
 - What:** What resources do you find best to utilize for staff & patients?
 - When:** When should they be provided/reviewed with the patient?
 - Where:** Where do you keep the Inhaler teaching resources?
 - Why:** Why start teaching in hospital?
 - How:** How do you record when patient teaching is completed?
 - Wrap Up
-

Canadian Thoracic Society 2017 & GOLD 2017 Recommendations



“It is well known that emphasis should be given in practice to education and training in inhaler device technique. According to a systematic review on errors in inhaler use, incorrect inhaler use remains unacceptably high outside of clinical trials. This may be a major obstacle to achieving good COPD control.

As recommended in the GOLD report 2017, instruction should be provided on inhalation technique and patient technique should be re-checked at each visit” (CTS, 2017, p. 225).

Presentation

The Ins and Outs of Teaching Inhaler Technique

Lise Morin

RRT, CRE, CTE

Royal Alexandra Hospital

Edmonton

Sample Resources



MyHealth.Alberta.ca Network

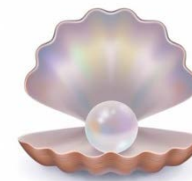
MyHealth Videos Find Healthcare About MyHealth.Alb

- > [COPD: Clearing Your Lungs](#)
- > [COPD: Eating Well for Strength and Energy](#)
- > [COPD: Exercises for Building Strength](#)
- > [COPD: Exercises for Easier Breathing](#)
- > [COPD: How To Use a Nebulizer](#)
- > [COPD: Keep Your Quality of Life](#)
- > [COPD: Take This Chance to Quit Smoking](#)
- > [COPD: Taking Medicines After a Flare-Up](#)
- > [COPD: Time to Decide About Smoking](#)
- > [COPD: Try a New Quit-Smoking Strategy](#)
- > [COPD: You Can Still Be Active](#)



Pathway Pearls: Proper Inhaler Technique

Inhaler Technique Documentation



Admission to Discharge Checklist

COPD Admission to Discharge Checklist				
Admission Date (yyyy-Mon-dd)		Time (hh:mm)		
Activity	Completed			
	Yes	No	N/A	Initial
Patient Education				
1. Provide 'Patient Education Resource Package' – Review with patient/caregiver				
a) COPD Medications				
b) Inhaler Technique				
c) COPD: Learning to Breathe Easier				
d) COPD: Avoiding Your Triggers				
e) Pneumococcal / Influenza Vaccines				
f) Tobacco use; assess, provide brief intervention, and tobacco cessation support resources.				
Patient Demonstration				
2. Patient demonstrates adequate inhaler technique				
Prior to Discharge Review results, where relevant, and ensure appropriate follow-up				
3. Early mobilization (done within 48 hours by any discipline)				
4. Review and optimize respiratory medication				

COPD Discharge Management Plan	
COPD Education Resource Package (Include all handouts identified)	
Bring this Management Plan with you to your next visit	Handout
Nutrition Dietitian referral <input type="checkbox"/> No <input type="checkbox"/> Yes ► Phone _____	
Activity	<input type="checkbox"/> COPD: Learning to Breathe Easier
<input type="checkbox"/> Practice breathing and coughing techniques to help when you feel short of breath	<input type="checkbox"/> COPD: Avoiding Your Triggers
<input type="checkbox"/> Use body positions and energy conserving methods to help prevent feeling short of breath	<input type="checkbox"/> COPD Medications
Medication Prescription <input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> Inhaler technique: Devices
Discharge medication list faxed to community pharmacy <input type="checkbox"/> No <input type="checkbox"/> Yes <i>(Talk to your doctor or pharmacist before taking any non-prescription or herbal medicines)</i>	
Treatments	
<input type="checkbox"/> Be sure to use your inhaler properly.	
Personal Assessment Checklist - Patient to complete	
Please review the statements below and check the appropriate box beside each item. Please ask staff for help if you answered NO to any item	<input type="checkbox"/> AlbertaQuits <input type="checkbox"/> Flip Into Action
	Yes No
1. A staff member watched me use my inhalers and spacers to see if I was doing it correctly	
2. I feel confident using my inhalers	
3. My respiratory medicines were explained to me	

Discharge Management Plan

Pathway Pearls: Proper Inhaler Technique



Participants are encouraged to participate in session talks.

If you would like us to ask your question, please email during session to:

hfpathway@ahs.ca
