



**Evaluation of physicians' knowledge
regarding techniques of usage of
inhalation devices**

Thesis

*Submitted for the Fulfillment of the Master Degree in Chest
Diseases and Tuberculosis*

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2016

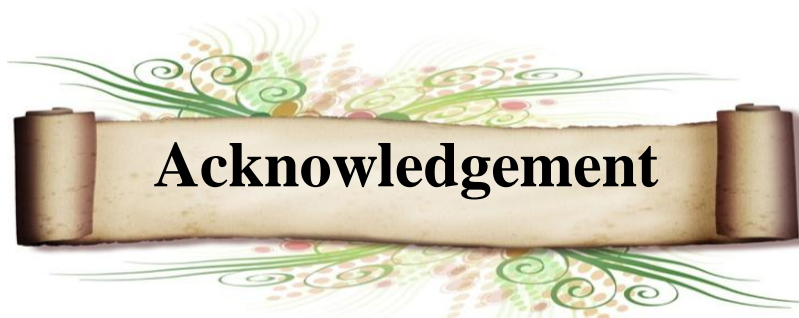
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قالوا

سبحانك لا علم لنا
إلا ما علمتنا إنك أنت
العليم العظيم

صدق الله العظيم

سورة البقرة الآية: ٣٢



Acknowledgement

At first and foremost, thank you to "ALLAH", who gave me the power to finish this work.

*I find no words by which I can express my deepest gratitude to my honored Professor **Dr. Mona Mansour Ahmed**, Professor of Chest Diseases, Faculty of Medicine, Ain Shams University, for the continuous kind encouragement, support guidance and paternal advice throughout the entire work. It has been an honor and privilege to work under her generous supervision.*

*I would like to express my deepest and to **Dr. Iman Hassan Galal**, Assistant Professor of Chest Diseases, Faculty of Medicine, Ain Shams University, for energetic help spending long hours in careful review of this work following its details with constructive advice and criticism.*

Also, I would like to express my deepest thanks and appreciation to my family, colleagues and to everyone who participated in a way or another in this work I owe my thanks and appreciation. Last but not least, I would like to thank practicing physicians, who were the corner stone of this study.

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List of Abbreviations

AMP	Adenosine Monophosphate
BDP	Beclometasone Dipropionate
BOLD	Burden of Obstructive Lung Diseases program
CFC	Chlorofluorocarbon Propellant
COPD	Chronic Obstructive Pulmonary Disease
DPI	Dry poWder Inhaler
FDA	Food and Drug Administration
FEV₁	Forced Expiratory Volume in one second
GINA	Global Initiative for Asthma
GOLD	Global Initiative for Chronic Obstructive Lung Disease
HFA	Hydrofluoroalkane Propellant
HFA	Hydrofluoroalkane
IADs	Inhalation Accessory Devices
ICS	Inhaled Corticosteroids
IgE	Immunoglobulin E
Kg	kilogram
LABA	Long-Acting Beta2-Agonist
LTRA	Leukotriene Receptor Antagonist
M	Muscarinic

List of Abbreviations

Mcg	Microgram
MDI	Metered Dose Inhaler
MHz	Mega Hertz
N.A	Not Applicable
NNT	Number Needed to Treat
OCS	Oral Corticosteroids
OPC	Out Patient Clinic
PMDI	Pressurized metered dose inhaler
SABA	Short-Acting Beta2-Agonist
SCIT	Subcutaneous Immunotherapy
SLIT	Sublingual Immunotherapy
SMI	Soft Mist Inhaler
VHCs	Valved Holding Chambers
Vit	Vitamin

Abstract

Objectives: to evaluate the knowledge and skills of physicians who can deal with asthma and COPD patients, regarding the techniques of usage of difference inhalation devices.

Methods: This study cross sectional observation study was conducted upon 250 practicing physicians frequently prescribing different inhalation devices at Cairo during the period between January 2016 and July 2016.

Results: 250 doctors responded to the questionnaire were subdivided into 5 groups; (50 physicians each), based upon their medical speciality (pulmonologists, internists, allergiologists, general practitioner, & pediatricians).

The most common inhalers that prescribed by doctors was Diskus 95.6%, followed by MDI 83.20%, Turbuhaler 50.80%, MDI + spacer 50% and both Aerolizer and handihaler 24.40%.

Regarding general questions, percentage of positive answers among doctors were 100% in the questions about how to use the inhalation devices and teaching patients how to use the inhalation devices; 99.6% in importance of inhaler technique; 94.8% in thinking about good results of inhaled medication; 64%

in patient observation during using inhalation devices and 30.8% in patients evaluation every medical visit.

Conclusion: There is a need for establishing regular educational programs for both patients and physicians regarding the proper usage of inhaler devices.

Observation and re-evaluation of patients by their physicians while using their inhalation devices are directly correlated with the degree of success of usage of such devices.

Introduction

Chronic obstructive pulmonary disease (COPD), a common preventable and treatable disease is characterized by persistent air-flow limitation that is usually progressive and associated with an enhanced chronic inflammatory response in the airways and the lung to noxious particles or gases. Exacerbations and comorbidities contribute to the overall severity in individual patients. It is the fourth leading cause of death in the world and further increase in it's prevalence in the coming decades (*GOLD , 2015*).

Asthma is a common and potentially serious chronic disease that imposes a substantial burden on patients, their families and community. It causes respiratory symptoms, limitation of activity and flare up (attacks) that sometimes requires urgent health care and may be fatal, fortunately asthma can be effectively treated and most patients can achieve good control of their asthma (*GINA , 2015*).

Inhaled therapy is the cornerstone in the management of asthma and COPD. There are two main groups of inhaler devices: metered dose inhalers (MDI) and dry powder inhalers (DPI), many devices have been developed and each has specificities on how to prepare the dose and deliver the drug to the airways. Although different devices have technological improvement to airway drug delivery, still important limitations remain (*Virchow et al., 2008*).

In fact, decades after the introduction of inhaler devices, their incorrect use remains an obstacle to achieve optimal disease outcomes (*Melani et al., 2011*).

Furthermore, it is recognized that inadequate use of inhaler devices is one of the most common reasons for failure to achieve asthma and COPD control (*GOLD, 2015; GINA, 2015*). Thus, patient education in proper handling of a prescribed inhaler device should be an essential part of the pulmonary clinic practice (*Khassawneh et al., 2008*).

It is very important that the physicians prescribing aerosolized medication should evaluate their patients inhalation techniques regularly and this depend on physicians knowledge regarding proper use of different inhalers, since some patients might not perform the technique properly even after various counseling sessions and the correct technique can become inadequate over time (*Souza et al., 2009*).

However, published studies from around the world suggest that as many as 25% of patients with asthma or COPD have never received verbal inhaler technique instruction. When given, instruction is often rushed, poor quality and not reinforced (*Lavorini et al., 2008*).

Inhaler technique must be rechecked and education must be reinforced regularly in order to maintain correct technique, as inhaler technique deteriorates again after education (*Basheti et al., 2005*)

Three months after training, loss of skills is associated with a deterioration in some asthma outcomes. Older patients may be particularly prone to losing technical skills over time (*Crompton et al., 2006*).

Unfortunately many doctors assume their own technique is correct. Different studies proved that a high proportion (31–85%) of health professionals show incorrect technique when tested objectively (*Barnes et al., 2005*).

Sometimes a confusion among health professionals over who should take responsibility for patient education may result in people not receiving follow-up education on the correct use of their inhalers, contributing to the high rates of poor technique reported (*Bosnic-Anticevich et al., 2010*).