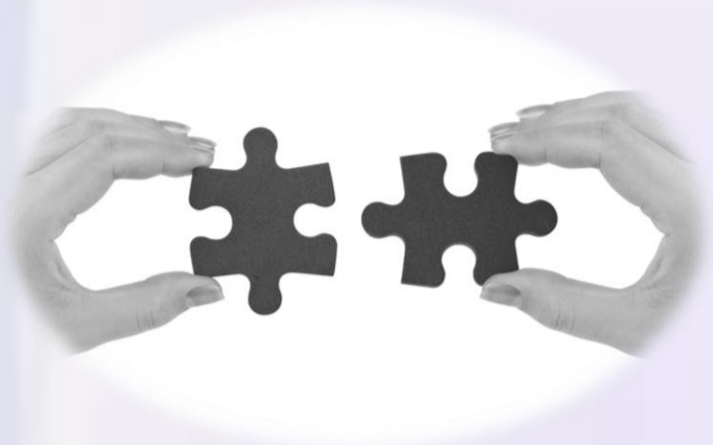


One additional educational session in inhaler use for patients with COPD in primary health care – a controlled clinical trial

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Conclusion

One additional educational session in inhaler use for patients with COPD was effective in improving the proportion of patients making errors related to handling of their devices.



Background

Incorrect use of inhalers is common, only one third of the patients used their inhaler correctly and that number had not improved the past 40 years (1). As efficient use of resources and time is essential in primary care, we need to find simple and effective educational efforts to improve patients' inhaler use.

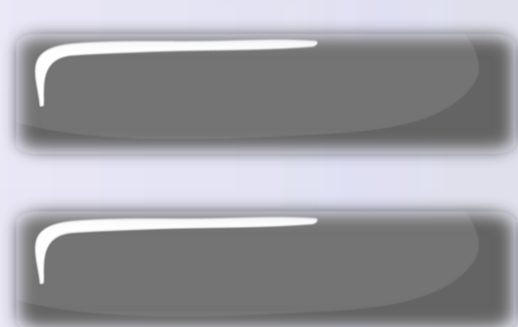
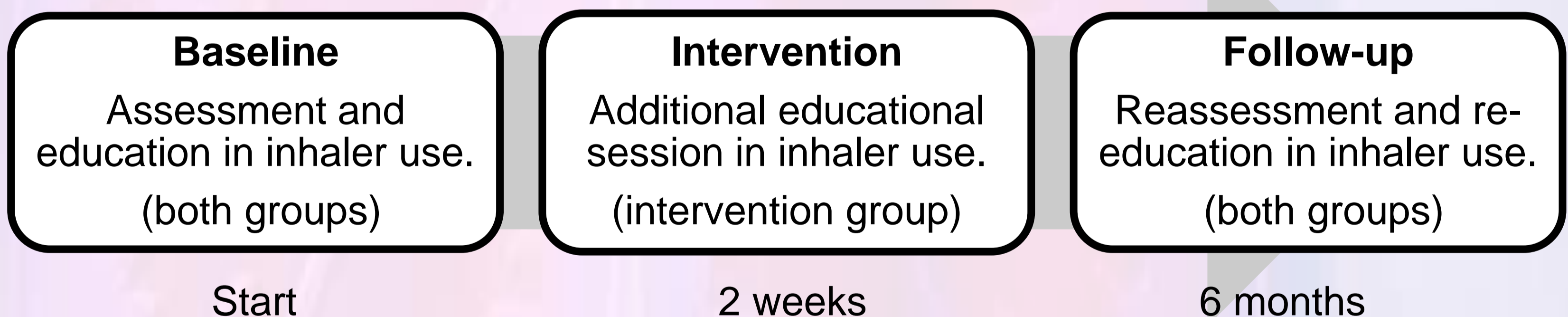


Aim

To investigate whether one additional educational session about inhaler use, delivered to patients with COPD in primary healthcare, could affect the patients' skills in inhaler use. Specifically, we aimed to study the effects on errors related to handling the device, errors related to inhalation technique, and errors related to both.



Method



Results

	Patients	Mean age	Devices/patient	Proportion better at follow-up <i>Category: Errors related to the device</i>
Intervention group	n = 28	73 ± 10	2.1 ± 0.64	0.89
Control group	n = 36	71 ± 8	1.6 ± 0.55	0.32
			p = 0.003	p = 0.006 N.S improvement in the other categories.

References:

1) Sanchis J, Gich I, Pederson S. Systematic Review of Errors in Inhaler Use: Has Patient Technique Improved Over Time? Chest. 2016;150(2): 394-406



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