

Low carbon inhaler prescribing support tool (for patients > 12 years)

Do not blanket switch patients – Optimise inhaler choice and technique

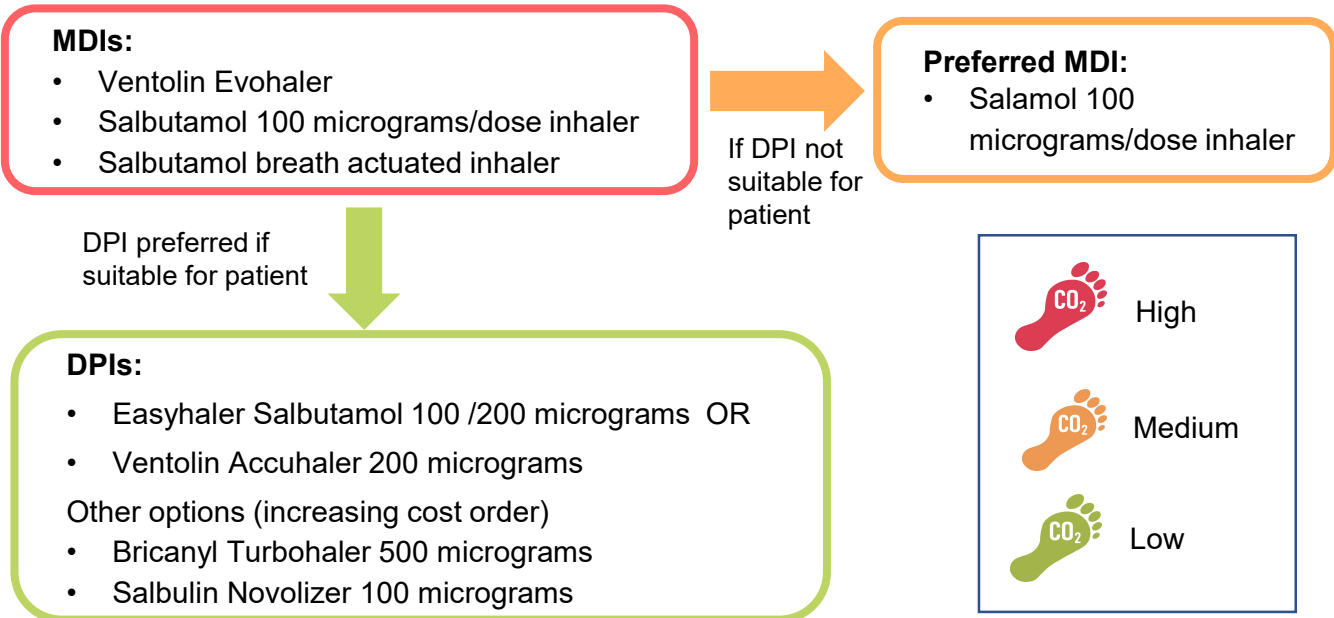
- ✓ **With the patient, decide the best device for them** assess their ability to use, let them see, touch and feel the inhaler, then describe, show and provide support materials
- ✓ **Ensure correct inhaler technique**, most patients don't know how to use their inhaler and many health care professionals who teach the use of MDI cannot demonstrate it correctly
- ✓ **Use a spacer**, when using an MDI correctly a max of 15% of the drug enters the lung. With a spacer this can be increased up to 30%
- ✓ **Prescribe inhalers by brand**, so patient receives correct inhaler device
- ✓ **Rationalise inhaler devices** for an individual patient, avoid mixing too many different inhaler types
- ✓ **Re-check inhaler technique and retrain patients often**, inhaler technique deteriorates over time, lots of patients think they are using their inhalers correctly when they are not

Which patients are not suitable to switch at review

- Patients with *insufficient respiratory flow rate* e.g. children, frail, muscle weakness
- Patients *needing a spacer* e.g. poor co-ordination, on high dose ICS to reduce side effects

Low carbon inhaler preferred choices

SABA (salbutamol / terbutaline) low carbon choices



MDI =metered dose inhaler, DPI = dry powder inhaler, SMI = soft mist inhaler, ICS = inhaler corticosteroid, LABA = long acting beta 2 agonist, LAMA = long acting muscarinic antagonist

ICS low carbon choices (asthma)

MDIs:

- Clenil Modulite inhaler
- Qvar (inhaler, Easi-Breathe inhaler, Autohaler)

DPI preferred if suitable for patient



DPIs:

- Easyhaler Beclometasone
- Other options (increasing cost order)
- Easyhaler Budesonide
 - Pulmicort Turbohaler
 - Budelin Novolizer

ICS/LABA low carbon choices

MDIs:

- Fostair inhaler
- Seretide Evohaler *
- Flutiform inhaler Δ *

* Seretide & Flutiform:
Very high carbon footprint



If DPI not suitable for patient

MDI:

- Combisal inhaler Δ
- Fostair inhaler

DPI preferred if suitable for patient



DPIs:

- Fostair NEXThaler
- Other options (increasing cost order):
- Fobumix Easyhaler
 - Symbicort Turbohaler
 - DuoResp Spiromax
 - Relvar Ellipta Φ

Δ asthma only
Φ COPD only

LAMA containing Inhaler devices

SMI:

- Respimat

DPIs:

- Breezehaler
- Ellipta
- NEXThaler
- Handihaler
- Genuair



If DPI/SMI not suitable for patient

MDI (preferably with spacer):

- Trimbow inhaler
- Aerosphere inhaler

Advise that all used inhalers are returned to a pharmacy for recycling / incineration that safely destroys greenhouse gases