

Improving patient's inhalation technique.

Why is it important?

- Good inhaler technique is essential for a patient to receive the intended dose of medication. The speed of inhalation (inspiratory flow rate) can have a significant effect on the quantity of drug delivered and thus clinical efficacy.
- Different inhaler devices require different techniques and speed of inspiration e.g. Pressurised metered dose inhalers (pMDI) need a **slow & steady** inspiratory effort
Dry powder inhalers (DPI), need a **fast & forceful** inspiratory effort
- There is good evidence that most patients don't know how to use their inhaler and many health care professionals who teach the use of metered dose inhaler (MDI) cannot demonstrate it correctly

How can we ensure good inhaler technique?

- To ensure correct inhaler technique with the patient:
 - ✓ Assess their ability to use different inhaler devices to choose the best device for them
 - ✓ Let them see, touch and feel the inhaler
 - ✓ Then describe, show and provide written information
- The range of inhaler types and complexity of their use means that inhaler technique training and on-going revision are vital. An inhaler checking device is a useful tool to support inhaler technique training and assessment.
- Inhaler technique deteriorates over time, lots of patients think they are using their inhalers correctly when they are not!

What are In-Check devices?

- The In-Check dial devices are inhaler checking devices to use with patients to assess their ability to use an inhaler device and teach inhaler technique
- **In-Check DIAL G16®** is an inspiratory flow meter that measures peak inspiratory flow rate. It can be set to simulate the resistance characteristics of many different inhaler devices. The patient can be assessed for their ability to use different inhaler devices and trained to inhale at a flow rate known to be suitable for their personal DPI or pMDI. If the patient cannot achieve the flow rate needed for their inhaler a more suitable device can be chosen.

Where can In-check devices be obtained?

- In-check devices can be obtained directly from the manufacturer [Clement Clarke](#), or from usual GP medical supplies companies.



[How is it used?-follow this link](#)

- The In-Check dial has a disposable inspiratory one way mouthpiece, so can be multi-patient use.
- **In-Check DIAL M®** is a version of the In-Check that simulates pMDI inhalers only.

How much does it cost?

In-check DIAL G16® £22.44

In-check DIAL M® £15.99

Adult disposable One Way Valve Mouthpieces £23.35/100 pieces

Prices correct as of July 2016 and exclude VAT

READ codes

A useful READ code to record that a patient has had their inhaler technique assessed using an inhaler checking device-

Read code description	EMIS	TPP SystemOne
Review of inhaler technique using inhaler checking device	66Yy	XaaMc

Further useful resources

[Inhaler technique leaflets \(Prescripp\)](#)

[Asthma UK videos on how to use inhalers](#)

Other trainer aids available include Flo Tone® (Clement Clarke) .This is a small extension to a pMDI mouthpiece with an inbuilt whistle- the whistle sound indicates correct inhalation rate.