



Collaborative **A**irway **R**everview and **E**valuation

ADHERENCE CHECKLIST

ASSESSMENT OF ADHERENCE TO PREVENTER

Many people don't take their medication as prescribed. Use the following questions to assess the adult patient's adherence to preventer treatment in a non-judgemental and empathetic manner.¹

1. In the last four weeks:

a) How many days a week would you have taken your preventer? None at all? One? Two? (etc).

b) How many times a day would you take it? Morning only? Evening only? Morning and evening? (or other)

c) Each time, how many puffs would you take? One? Two? (etc).

2. Do you find it easier to remember your medication in the morning, or the evening?

Adapted from NACA 2015

If non-adherence has been identified above, consider whether any common barriers to the correct use of preventers apply:

- ☐ Not able to afford the cost of medicines or consultations to alter the regimen
- ☐ Concerns about side effects
- ☐ Interference of the regimen with lifestyle
- ☐ Forgetting to take medicines
- ☐ Lack of understanding of the reason for taking the preventer
- ☐ Inability to use the inhaler device correctly
- ☐ Health beliefs that are in conflict with the belief that the prescribed medicines are effective, necessary or safe
- ☐ Other (please specify)

Adapted from NACA 2015

Address the patient's concerns, explore barriers and motivating factors, and provide counselling on the importance of the prescribed regular use of asthma preventers, even when not experiencing any symptoms.¹ Based on the outcome of this adherence review, consider referral to the GP, as appropriate.

REFERENCES

1. National Asthma Council Australia (NACA). Australian Asthma Handbook, Version 1.1. National Asthma Council Australia, Melbourne, 2015.
URL: <http://www.asthmahandbook.org.au/management/adherence/assessing-adherence.pdf> (accessed 25 May 2015)

INHALER TECHNIQUE CHECKLIST

ASSESSMENT OF INHALER TECHNIQUE

Ask the patient to show you how they use their inhaler. Ask “Can you show me how you use your inhaler?” rather than “Can you use your inhaler?” It is important to confirm that the patient is taking the dose of preventer prescribed most recently.^{1,2}

Use the following checklist to teach, check and/or confirm the way the patients uses their inhaler.¹

Does the patient belong to a subgroup associated with poor inhaler technique?

- ☐ Older patients
- ☐ Patients with COPD
- ☐ Patients with cognitive impairment
- ☐ Lower education level
- ☐ Poor English language skills
- ☐ Concurrent use of multiple inhaler types

Accuhaler (11 steps)

- ☐ 1. Check dose counter
- ☐ 2. Open cover using thumb grip
- ☐ 3. Holding horizontally, load dose by sliding lever until it clicks
- ☐ 4. Breathe out gently, away from the inhaler
- ☐ 5. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal
- ☐ 6. Breathe in steadily and deeply
- ☐ 7. Hold breath for about 5 seconds or as long as comfortable
- ☐ 8. While holding breath, remove inhaler from mouth
- ☐ 9. Breathe out gently away from the inhaler
- ☐ 10. If an extra dose is prescribed (not generally recommended), repeat steps 3 to 9
- ☐ 11. Close cover to click shut

Autohaler (12 steps)

- ☐ 1. Remove cap
- ☐ 2. Hold inhaler upright and shake well
(*Qvar Autohaler does not need to be shaken before use*)
- ☐ 3. Push lever up
- ☐ 4. Breathe out gently, away from the inhaler
- ☐ 5. Place mouthpiece between teeth without biting and close lips to form a good seal
- ☐ 6. Breathe in slowly and deeply. Keep breathing in after click is heard
- ☐ 7. Hold breath for about 5 seconds or as long as comfortable
- ☐ 8. While holding breath, remove inhaler from mouth
- ☐ 9. Breathe out gently away from the inhaler
- ☐ 10. Push lever down
- ☐ 11. If an extra dose is needed, repeat steps 2 to 10
- ☐ 12. Replace cap

Ellipta (9 steps)

- ☐ 1. Check dose counter
- ☐ 2. Slide the cover down until you hear a click (do not shake the inhaler)
- ☐ 3. Breathe out gently, away from the inhaler
- ☐ 4. Place mouthpiece in mouth and close lips to form a good seal. Do not block air vent with your fingers
- ☐ 5. Breathe in steadily and deeply
- ☐ 6. Hold breath for about 5 seconds or as long as comfortable
- ☐ 7. While holding breath, remove inhaler from mouth
- ☐ 8. Breathe out gently away from the inhaler
- ☐ 9. Slide the cover upwards as far as it will go, to cover the mouthpiece

Pressurised metered-dose inhaler (12 steps)

- ☐ 1. Remove cap
- ☐ 2. Check dose counter (if applicable)
- ☐ 3. Hold inhaler upright and shake well
- ☐ 4. Breathe out gently, away from the inhaler
- ☐ 5. Put mouthpiece between teeth without biting and close lips to form good seal
- ☐ 6. Start to breathe in slowly through mouth and, at the same time, press down firmly on canister
- ☐ 7. Continue to breathe in slowly and deeply
- ☐ 8. Hold breath for about 5 seconds or as long as comfortable
- ☐ 9. While holding breath, remove inhaler from mouth
- ☐ 10. Breathe out gently, away from the inhaler
- ☐ 11. If an extra dose is needed, repeat steps 2 to 10
- ☐ 12. Replace cap

Pressurised metered-dose inhaler plus spacer (15 steps)

Does the patient sometimes use their inhaler alone? ☐ Yes ☐ No

- ☐ 1. Assemble spacer* (if necessary)
- ☐ 2. Remove inhaler cap
- ☐ 3. Check dose counter (if applicable)
- ☐ 4. Hold inhaler upright and shake well
- ☐ 5. Insert inhaler upright into spacer
- ☐ 6. Put mouthpiece between teeth without biting and close lips to form good seal
- ☐ 7. Breathe out gently, into the spacer
- ☐ 8. Hold spacer level and press down firmly on inhaler canister once
- ☐ 9. Breathe in slowly and deeply
- ☐ 10. Hold breath for about 5 seconds or as long as comfortable
- ☐ 11. While holding breath, remove spacer from mouth
- ☐ 12. Breathe out gently
- ☐ 13. Remove inhaler from spacer
- ☐ 14. If an extra dose is needed, repeat steps 3 to 13
- ☐ 15. Replace cap and disassemble spacer

*Plastic spacers should be pre-washed in warm water and dishwashing detergent (without rinsing), and air-dried before use.

Turbuhaler (12 steps)

- ☐ 1. Unscrew and remove cover
- ☐ 2. Check dose counter
- ☐ 3. Keep inhaler upright while twisting grip
- ☐ 4. Twist around and then back until click is heard
- ☐ 5. Breathe out gently, away from the inhaler
- ☐ 6. Place mouthpiece between teeth without biting and close lips to form a good seal. Do not cover the air vents
- ☐ 7. Breathe in strongly and deeply
- ☐ 8. Hold breath for about 5 seconds or as long as comfortable
- ☐ 9. Remove inhaler from mouth
- ☐ 10. Breathe out gently away from the inhaler
- ☐ 11. If an extra dose is needed, repeat steps 2 to 10
- ☐ 12. Replace cover

Adapted from NPS MedicineWise & NACA 2015; NACA 2008. Other devices are available for inhaled medicines – please see the manufacturer’s Product Information for instructions.

- Demonstrate the correct technique and correct any specific errors that you identify.²
- Ask the patient to repeat the demonstration to check they have understood. If necessary, repeat your instruction until the patient has all the steps correct. Consider giving the patient a written record of any step(s) incorrectly performed during the initial demonstration.²

Even after training is provided, some patients will continue to have difficulties using inhalers properly.² Based on the outcome of this inhaler technique review, consider referral to the GP, as appropriate.

REFERENCES

1. NPS MedicineWise & National Asthma Council Australia (NACA). Asthma inhaler technique – device specific checklists. Available from: http://www.nps.org.au/__data/assets/pdf_file/0010/256195/asthma-inhaler-device-techniques-checklist.pdf (accessed March 17, 2015).

2. National Asthma Council Australia (NACA). Inhaler technique in adults with asthma or COPD. National Asthma Council Australia, Melbourne, 2008. URL: <http://www.nationalasthma.org.au/uploads/publication/inhaler-technique-in-adults-with-asthma-or-copd.pdf> (accessed May 2015).

For further information: visit http://www.nps.org.au/__data/assets/pdf_file/0010/256195/asthma-inhaler-device-techniques-checklist.pdf.

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