

ACT: Assess, Choose, and Train

Ask the patient to breathe out comfortably and lift their chin up before trying each of the following inhalation manoeuvres:^{1[A]}

- **SLOW and STEADY**—can the patient take a slow, steady breath in over **3–5 seconds**?
- **QUICK and DEEP**—can the patient take a quick deep breath in within **2–3 seconds**?

Can perform
SLOW and STEADY^{2a}

If unsure after observing the patient, consider the use of training devices to assess inspiratory ability^{2b[B]}

Can perform
QUICK and DEEP^{2a}

Consider a **pMDI, SMI, or BAI**

Consider a **DPI**



Environmental impact: Consider prescribing a low carbon footprint device,³ but remember the 'greenest' inhaler is the inhaler device that the patient can and will use

Teach inhaler technique

If proficient: use your own placebo inhaler to train and provide patients with links to videos^[C]
If not proficient: use videos to train^{2c[C]} and refer to proficient healthcare professional

Seven steps for correct inhaler technique^{4,5}

Review and reinforce inhaler technique every time you see the patient^{6–8}

1. Preparation:

- check dose counter (where present)
- shake inhaler, if applicable

2. Priming:

- prime the device ready for use
- open inhaler/remove cap

3. Exhaling:

- exhale gently away from the mouthpiece

4. Mouth:

- place mouthpiece in mouth, tilt the chin, and close lips around the mouthpiece to form a tight seal

5. Inhalation:

- slow and steady—pMDI/SMI/BAI
- quick and deep—DPI

6. Breath holding:

- remove inhaler from mouth and hold breath for up to 5 seconds

7. Closing and repeating:

- close inhaler/replace cap
- repeat as necessary.

Inhale **SLOW**
and **STEADY**

Inhale **QUICK**
and **DEEP**

Select required drug once inhaler device has been chosen, in line with local formulary

If you and the patient are both happy, prescribe the drug and device^{6,8}

[A] If the patient can perform both inhalation manoeuvres, choose according to patient preference

[B] Examples of training devices that can be used to assess inspiratory ability are: AIM machine, Clip-Tone, Flo-Tone, In-Check DIAL inspiratory flow meter, placebo whistles

[C] Training videos developed by the UK Inhaler Group (UKIG) can be found on the Asthma UK website: www.asthma.org.uk/advice/inhaler-videos and RightBreathe: www.rightbreathe.com

BAI=breath-actuated inhaler; DPI=dry powder inhaler; pMDI=pressurised metered dose inhaler; SMI=soft mist inhaler