

European Respiratory Society Annual Congress 2012

Abstract Number: 1890
Publication Number: P1205

Abstract Group: 9.3. Nurses

Keyword 1: Monitoring **Keyword 2:** Education **Keyword 3:** Nursing care

Title: Proper inhaler's technique closely related to proper instruction

Ms. Pik Kee, Maggie 14376 Lit blpkm01@ha.org.hk¹, Ms. Kuen Han 14377 Lee blkhz03@ha.org.hk¹ and Ms. Lai Fong, Amy 14378 Tsoi btlfa01@ha.org.hk². ¹ Respiratory Medicine, Queen Elizabeth Hospital, Hospital Authority, Kowloon, Hong Kong, NA and ² Medicine, Queen Elizabeth Hospital, Hospital Authority, Kowloon, Hong Kong, NA .

Body: Introduction: Evidence suggests that many patients don't use their meter dose inhalers (MDI) correctly and mostly related to improper instruction. Objectives It is an observational pre & post-lecture assessment study aims to assess the knowledge and practical competency of the nurses. Methodology The assessment items including 4 categories, applicable to only MDI and Spacer inhaler device: 1 patient observation 2 drug explanation to patients 3 choice of assisting device 4 instruction on how to use inhalers or spacer 5 monitoring the effect & side effect and reporting. Four identical sessions of 1.5-hour lectures including hands-on workshops on inhalers have been held from September to October 2011. Returned demonstration and compulsory audit assessment were required pre and post lectures with 2 months intervals. Results 54 nurses completed the pre-lecture audit and 87 % were registered nurses. 30% had at least 5 years' medical experience but none show full competence in demonstrating all 14 steps for MDI and 12 steps for spacer correctly. The mean steps of MDI & spacer are only 5.6 and 6.6 respectively. A total of 32 nurses had attended the lectures and amongst which 26 nurses had performed the pre-and post-audit assessment. A significant improvement is found in mean steps for MDI (4.4 vs. 10.3) and spacer (5.7 vs. 10.25) The overall post-audit mean steps are 10.09 for MDI and 10.43 for spacer respectively (p<0.001) Both post audit assessment had been shown to achieve significantly improvement. Conclusion Proper inhaler technique depends on proper instructions. MDI and spacers checklists have been formulated and revised for providing step by step guidance. A regular training workshops and lectures will be held quarterly.