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Title: Improved MDI inhaler technique observed in adult asthma patients with Web based education

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Body: Background: Inhaler is most common medication for asthma treatment. Large numbers of patients do not use inhalers well enough to benefit from the prescribed medications and 50% of the nurses, doctors and respiratory therapists are unable to adequately describe or perform critical steps of using inhalers correctly. Effective teaching strategies can improve patient education and substantially reduce problems with inhaler use. Methods: We conducted a study with 35 chronic asthma patients who have been using HFA metered dose inhalers for more than 6 months. Each patient demonstrated the technique with at least one critical mistake. 1) We had an Asthma Educator demonstrate the correct inhaler technique to group of 35 patients and assessment was done after one month. 2) An online inhaler training program was introduced to the same group of 35 patients and assessment was done after another one month. Results: On first visit after one month, all 35 patients demonstrated the technique with at least one critical mistake. On second visit after another one month of using the online inhaler training program, 24 patients out of 35 performed the inhaler technique correctly without any mistakes. Conclusion: This analysis identifies the need of more effective patient educational tools that help patients to practice the correct inhaler technique regularly at their own pace with reinforcement to get better treatment outcome.