

SUPPLEMENTARY MATERIAL

Evaluation of symptom control in chronic obstructive pulmonary disease after reinforcement of proper inhaler technique

Tanya Jaiswal,¹ Sparsh Gupta,¹ Pooja Anand,² Pranav Ish,³ Dhruv Sakkarwal,⁴ Divya Sahu⁴

¹Department of Pharmacology, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi; ²Department of Pharmacology, School of Medical Sciences and Research, Sharda University, Greater Noida; ³Department of Pulmonary Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi; ⁴Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi, India

Correspondence: Sparsh Gupta, Department of Pharmacology, 6th floor, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi-110029, India.

Tel.: +91-0-9818057272. E-mail: healing_sparsh@yahoo.co.in

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Supplementary Table 1. Inhalation technique steps and score.

pMDI	DPI(Turbuhaler)	DPI
1.Remove the cap from the inhaler	1.Unscrew and removE the protective cover	1.Unscrew and removE the protective cover
2..Shake the inhaler well for 5 sec	2. Hold the device upright	2. Hold the device upright
3. Hold the inhaler firmly by placing your index finger on top of the canister and thumb on the bottom of the mouth piece	3. Twist the grip on the base to the right(till the end)and then to the left (till the end) until the sound click is heard	3. Twist the grip on the base to the right(till the end) until the sound click is heard
4.Exhale completely away from the inhaler	4. Breath out slowly, away from the device mouthpiece	4. Breath out slowly, away from the device mouthpiece
5.Place the inhaler in your mouth and seal your lips tightly around it	5. Place the mouthpiece gently between the teeth	5. Place the mouthpiece gently between the teeth
6.Press the inhaler and breathe in steadily and deeply	6. Take a deep breathe	6. Take a deep breathe
7. Remove the inhaler from the mouth	7. Take out the device from the mouth	7. Take out the device from the mouth
8. Hold your breath for 10 sec or as long as it is comfortable	8.Hold the breathe for 10 seconds,	8.Hold the breathe for 10 seconds,
9. Exhale slowly	9.Breathe out	9.Breathe out
10. Replace cap on inhaler	10. Replace the protective cover firmly	10. Replace the protective cover firmly

Each step carries one mark. Score may range from 0 to 10.