Southern Illinois University Edwardsville School of Pharmacy

U-AID: mobile device inhaler teaching to improve inhaler technique
Abigail Auer, PharmD Candidate 2023; Lisa Lubsch (Bimpasis), PharmD, BCPPS, AE-C, FPPA

INTRODUCTION
• Inhalers are common
• Studies have shown variable inhaler competency, even among pharmacy students
• A mobile app could be a beneficial pocket resource

OBJECTIVE
• Determine if teaching inhaler technique using a mobile application affects inhaler technique

METHODS
• Non-RCT, pre and post-survey design
• > 18 yo & < 90 yo in Collinsville & Edwardsville
• Mobile application developed for iOS platform
• HFA and diskus inhalers only

• Intervention: participants were alternated and given one of the inhalers with manufacturer instructions and then given the opposite inhaler with the app

RESULTS
• 70% female
• Median age was 44 (20-75)
• Technique was improved with use of the app
• On average, using the app took longer for the HFA inhaler

DISCUSSION
• Most common error for both inhalers was ‘hold your breath’ after inhaling the medication
• Some of the participants did not remove the HFA inhaler cap
• Overall, more participants had higher technique scores in the app group than the control group
• Participants overall found the app informative, aesthetically pleasing, functional and engaging
• Further studies, especially by age group, are needed to assess the benefit of mobile device education

METHODS
• Non-RCT, pre and post-survey design
• > 18 yo & < 90 yo in Collinsville & Edwardsville
• Mobile application developed for iOS platform
• HFA and diskus inhalers only

• Intervention: participants were alternated and given one of the inhalers with manufacturer instructions and then given the opposite inhaler with the app

REFERENCE

Questions? -> aauer@siue.edu