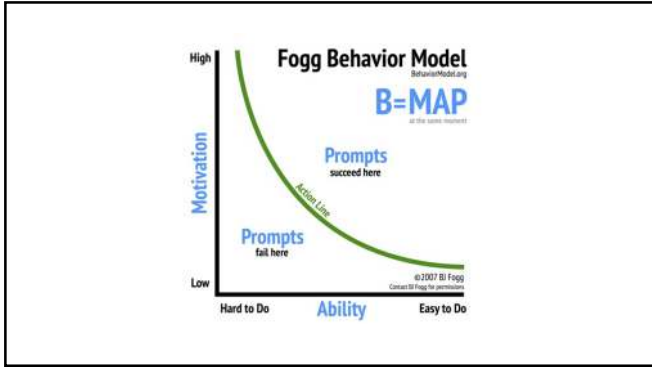


Tiny Habits® - The Small Changes that Change Everything
Dr Katherine Hickman

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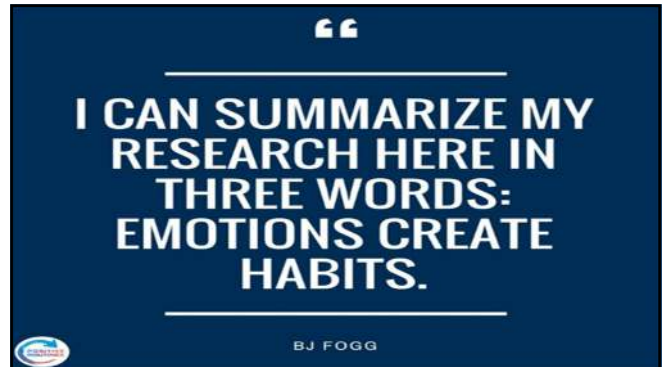
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National Review of Asthma Deaths (NRAD)

From prescribing data on 165 patients:

- 56% were prescribed more than six SABA inhalers in the year before they died.
- 39% were prescribed more than 12 SABA inhalers in the year before they died.
- 4% patients had been prescribed more than 50 SABA inhalers in the previous year.

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RCP FOUR Questions Screening Tool

- Have you had difficulty sleeping because of your asthma symptoms (including cough)?
- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work/school etc)?

DO YOU KNOW PEOPLE STILL DIE FROM ASTHMA?

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Why use a Spacer with an Inhaler?

Inhaler alone

When an inhaler is used alone, medicine ends up in the mouth, throat, stomach and lungs.

Inhaler used with spacer device

When an inhaler is used with a spacer device, more medicine is delivered to the lungs.

*Comparative respiratory deposition of 100% inhaled particles of albuterol using a standard dose inhaler, a metered dose inhaler with AeroChamber spacer and OptiChamber spacer as a healthy human volunteer using gamma-scintigraphy. B. Babin, PhD, G. Gagnon, J. Le, S. Lefebvre, M. D. Tinkler, MD, Dept. of Pharmacology, University of Toronto Medical Centre, Toronto, ON, 1997.
Images kindly provided by Respiratory Health Canada.
Aller Appear Asthma Center/ Pediatric Research 603 St. Ambrose Ave., Halifax, NS B3H 2Y6

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So what's going on in your airways?

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How many dispensed SABA inhalers should flag an alarm in the medical records system? (For over-reliance)

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Asthma Slide-Rule

ASTHMA SLIDE RULE

1. Questions for prescriber/dispenser to ask themselves and a person with asthma
Using this slide rule, how much short acting beta₂ agonist (SABA) also known as reliever/rescue/ salbutamol/albuterol inhaler would you think was appropriate for a person with asthma to take in a year, week or day before you thought a review was necessary? What made you choose that?

Approximate SABA use*	1	2	3	4	5	6	7	8	9	10	11	12
Number of SABA inhalers Rx per year	308	410	501	578	639	688	728	761	789	815	838	858
Puffs of SABA used per year	8	8	12	15	18	21	23	25	26	27	28	29
Puffs of SABA used per week	1.5	1.5	2.2	2.8	3.4	3.8	4.1	4.4	4.5	4.6	4.7	4.8
Puffs of SABA used per day	0.2	0.2	0.3	0.4	0.5	0.6	0.7	0.7	0.8	0.8	0.8	0.9

*Some devices do not contain 200 puffs. Check the number in the device you possess the dispenser or use, and modify these messages accordingly.
Suggestion: Try asking a person with asthma questions 1 after asking the ACT™ question: www.wpi.org/asthma/asthma_survey_ACT_inhaler_2k4.pdf
During the past 4 weeks, how often have you used your rescue inhaler or reliever medication (such as albuterol):
3 or more times per day / 1 or 2 times per day / 2 or 3 times per week / Once a week or less / Not at all
Asthma Right Care Guidance Notes available at www.papc.org/asthma/rightcare

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