

COPD INHALER PRESCRIBING GUIDELINES

Fundamentals of COPD care

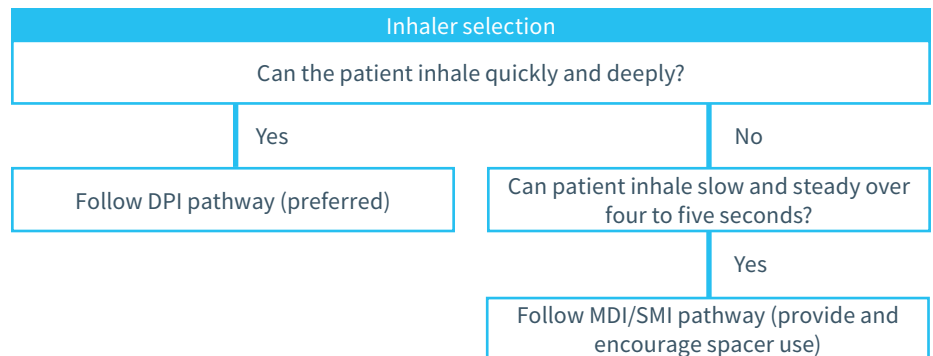
- Smoking cessation - offer treatment and support to stop smoking
- Offer pneumococcal and influenza vaccinations
- Offer exercise advice and pulmonary rehabilitation if indicated
- Develop a respiratory action plan with the patient
- Chronic cough and mucus production - consider trial of mucolytic and refer to physiotherapist where service is available
- Optimise treatment of co morbidities
- Low BMI or obese - consider referring for dietitian input

Confirm diagnosis of COPD perform full blood count for eosinophil level

If patient has asthma and COPD follow asthma treatment guidelines and apply fundamentals of COPD care.

Inhaler principles

- Match the device type to the patients inspiratory flow rate (use Incheck device to assess)
- Use DPI first line if suitable
- Use MDI in patients unsuitable for DPI
- Check inhaler technique at every review and before treatment escalation
- Use combination inhalers where appropriate.



Offer SABA to use as needed

DPI options:

- Salbutamol Easyhaler
- Salbutamol Accuhaler
- Terbutaline Turbohaler

MDI options:

- Salbutamol MDI with spacer

If patient symptomatic and needing SABA every day or has exacerbations - Assess inhaler techniques

