

# Scenarios to test your knowledge

You may have watched videos with scenarios involving inhaler technique. Use this additional scenarios to apply your knowledge further.



You are handing out dispensed medication for a patient who has just been prescribed a turbohaler. They previously used a salbutamol evohaler. On checking, they confirm it is new to them, so you suggest signing them up to the New Medicines Service (NMS). You explain that this means that you will give them a call in a week or two, to check how they are getting on with the inhaler.

You proceed to advise them about the correct steps for using the turbohaler.

**Which of the following is part of your advice of using the turbohaler?**

1. One should inhale gently, a deep inhalation is not required
2. One should inhale deeply and forcefully ✓
3. It doesn't matter what force of inhalation you use with turbohalers.

The pharmacist has the following conversation with the patient during the first NMS consultation:

**Pharmacist:** 'Can I start by checking what your understanding of this inhaler is?'

**Patient:** 'Well I think the other inhaler I was using was fine but I started needing to use it more often, so the doctor suggested I now use this, as it will work better.'

**What is the best response to this? Write your thoughts here:**

*Yes, this inhaler has two ingredients in it, one which is like the one that was in your previous inhaler and the other is a steroid medicine, which helps prevent the symptoms coming on. So, this acts as more of a preventative, which is better as it should then help prevent an asthma attack.*

**On finding out that the turbohaler has a steroid in it, the patient is concerned and asks 'is it good to be using a steroid?'**

**What is the best response to this question? Write your thoughts here:**

*Don't worry, this isn't the same type of steroid that you may be thinking of. It is safe to take and it is not going into your blood stream, as you are inhaling it, so the side effects are also minimal. It will help to open up your airways better to prevent your feeling wheezy for longer.*

*The one thing that I would advise, when using this type of inhaler, is to rinse your mouth after using it. This will just remove any of the residue of the inhaled medicine remaining in your mouth and throat, which can sometimes lead to side effects such as oral thrush.*

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As part of the consultation, you carry out an assessment with the in-check dial device.

**Describe the steps that you would tell the patient to carry out when assessing their inhaler technique with the in-check dial device**

You can watch a video of how to use the in-check dial [here](#)

The patient asks you how to use this device, they are concerned that it looks complicated

**Describe the steps that you would advise them to use this inhaler device?**

*First, you should prep the device, by doing the following:*

- *Unscrew and remove the inhaler lid*
- *Whilst the device is upright, the grip at the bottom must be turned all the way in one direction (until it stops)*
- *Then all the way in the opposite direction (until a click is heard).*
- *This needs to be carried out once more*

*This is how you use the inhaler:*

- *Unscrew the lid*
- *Remember to check the dose counter before each use*
- *Whilst the inhaler is upright, twist it one way, until it stops, and then all the way the other way, until a click is heard*
- *Hold the inhaler horizontally*
- *Breathe out*
- *Seal your lips around the mouthpiece and then inhale forcefully and deeply*
- *Once the inhaler is removed from the mouth, hold your breath for up to 10 seconds before breathing out slowly*

**You can also watch the video guide on [Asthma and Lung.org](#)**