

 LIVING BETTER TOGETHER

Understanding COPD Medications

University of Illinois College of Pharmacy
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Objectives

- Describe tools to help with medication adherence
- Develop a plan to prevent and manage worsening COPD symptoms
- Discuss the best approaches to quitting tobacco use
- Demonstrate proper metered dose inhaler technique
- Differentiate between the proper use of a dry powder inhaler from a metered dose inhaler

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Medication Adherence Tools

- **Comprehensive medication review with your pharmacist**
 - Compare your medication list from the doctor and the pharmacist
 - **What** medications do you take? **How** do you take them? **When** do you take them? About **how many** times per week do you miss a dose of your medications?
 - What are some **reasons you miss** a dose of your medication? How can you overcome these **obstacles**?
 - Ask your pharmacist to set up all your refills for the same day of the month
 - Ask your pharmacist to call and remind you to pick up refills
 - See if you can get 3 months of medication at a time, especially during the winter
- **Tip:**
Make sure to **save the box your inhaler** comes in since it will most likely have the instructions and label on it!

CALENDAR **LIVING BETTER TOGETHER**

Medication Adherence Tools



- Leave sticky notes with reminders on your refrigerator or bathroom mirror
- Use a calendar to write down when you picked up your medications and when you should be due for a refill.
- Make sure you call your pharmacy at least 5 days before you need a refill for your maintenance medications so that you do not go any days without taking your medication
- Keep your inhalers with your pill bottles so you remember to take all of your medications
- Create a board with pictures and names of your medications and cross the image out with a dry erase marker once you have taken the medication.

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Medication Adherence Tools

- Free Apps for your iOS and Android
 - *MyTherapy*: Medication Reminder
 - Care4Today www.care4today.com
- Text messaging and organizing health care
 - RememberItNow <http://rememberitnow.com/index.php>
- Cost issues with medications
 - NeedyMeds www.needymeds.org
 - 1-800-503-6897
 - Rx Assist www.rxassist.org
 - WellCard Savings <https://www.wellcardsavings.com/public/pharmacy.aspx>



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Prevention Immunizations

- Prevent the Flu
 - Influenza vaccine every year
- Prevent Pneumonia*
 - Age 19-64 with COPD
 - PPSV23 pneumococcal polysaccharide vaccine (first dose)
 - At Age 65
 - PCV13 pneumococcal conjugate vaccine
 - Wait 1 year then
 - PPSV23 pneumococcal polysaccharide vaccine (second dose)

*May receive more doses closer together and at a younger age, if you have other conditions



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MYTHS about Stop Smoking Medication

- **Medications for stopping smoking are not covered by my insurance**
 - The passage of the Affordable Care Act made sure that insurances cover at least two medications for stopping smoking. Many insurances cover the patches, gum and lozenges with a prescription from the doctor.
- **Electronic cigarettes are safer than medications for smoking cessation medications**
 - Electronic cigarettes that are currently on the market include various ingredients that are **not standardized** and tested for safety and efficacy. The FDA is working on regulating these products to see if in the *future* they may be safe and effective for quitting tobacco. If used currently, you may become addicted to vaping!

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Metered Dose Inhalers: Proper Use

- 1) Remove cap from inhaler
- 2) Shake inhaler for 5 seconds
- 3) Hold inhaler properly
- 4) Sit straight or stand up
- 5) Tilt your head back slightly
- 6) Exhale away from inhaler
- 7) Put inhaler in mouth & press the canister while breathing in a *slow, steady breath*
- 8) Hold breath for 10 seconds. Exhale slowly.



Repeat these steps after 30 seconds if another dose is necessary. **Be sure to rinse your mouth after each dose if using a corticosteroid**

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Metered Dose Inhaler: Read the Instructions!

Priming Aerosol Inhalers: All new metered dose inhalers need priming. You may need to prime again if not used for a few days. Check the inhaler instructions!

Expiration - Even if you feel contents remaining when you shake the inhaler, replace your inhaler once the indicator reaches "0". Inhalers also expire after removing them from the packaging even if you have not used them. **Do not** float your inhaler in water. Check the inhaler instructions!

Cleaning- Do you clean your inhaler? Some metered dose inhalers recommend only a dry cloth and no water. Check the inhaler instructions!



Soft Mist Inhalers

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Using Inhaler for the 1st Time

- Insert the cartridge or canister into the base of the inhaler device.
- Press down on a hard surface to secure the cartridge into the device and close the base.
- Prime the inhaler the first time you use it or if you have not used it for days or weeks. Do this by pressing the dose-release button until you see a mist.

Proper Use

- Hold the inhaler upright with the cap closed. Turn the base in the direction of arrows until
- Breathe out fully, away from the inhaler.
- Open the cap and press your lips around the mouthpiece without covering the air vents. Begin to breathe in slowly and deeply through the mouth.
- Press the dose release button and continue to breathe in for as long as possible.
- Hold your breath for at least six seconds. Breathe out slowly.



Soft Mist Inhaler:

Read Instructions!

Priming Soft Mist Inhaler: When your inhaler is new or has not been used in 21 days, spray 4 sprays into the air. If your inhaler has not been used in 3 days spray 1 spray into the air.

Expiration - Monthly if using 2 inhalations once daily or in 3 months, whichever comes first

Cleaning- Clean the mouthpiece and the metal inside the mouthpiece at least once a week with a damp cloth or tissue

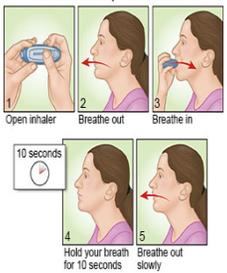
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Dry Powder Inhalers:

Proper Use

1. Open and activate the inhaler
2. Breathe out away from inhaler
3. Place mouth on mouthpiece and take in a *quick, deep* breath
4. Hold breath for 10 seconds or as long as comfortable
5. Exhale slowly away from the inhaler
6. Close inhaler
7. Rinse mouth (if corticosteroid)

How to Use a Dry Powder Inhaler





Dry Powder Inhaler: Read the Instructions!

- Avoid shaking all dry powder inhalers
- Keep all dry powder inhalers dry at all times
- Do not swallow capsules
- Puncture the capsule only once
- Keep the inhaler in the proper orientation during inhalation
- Make sure to generate enough inspiratory flow (breath in)
- Do not blow out into the inhaler
- Use a new inhaler device with each refill of medication
- Do not use a spacer with dry powder inhalers



Helpful Resources

- Medication list
 - http://www.safemedication.com/safemed/MyMedicineList/MyMedicineList_1.aspx
- Vaccine recommendations
 - U.S. Department of Health and Human Services Centers of Disease Control and Prevention. Vaccine information statement Pneumococcal Polysaccharide Vaccine <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/ppv.pdf> Last updated April 24, 2015.
 - U.S. Department of Health and Human Services Centers of Disease Control and Prevention. Vaccine information statement Pneumococcal Conjugate Vaccine (PCV13) <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/pcv13.pdf> Last updated November 5, 2015.
- COPD action plan and Inhaler technique
 - COPD Foundation <https://www.copdfoundation.org/Learn-More/Educational-Materials-Resources/Downloads.aspx#MyCOPDActionPlan>
- Quit smoking
 - Smokefree60+ 1-877-44U-Quit
 - UI Hospital Quit smoking clinic 312-413-4244
 - Courage to Quit <https://resphealth.org/healthy-lungs/quit-smoking-i-want-to-quit-smoking/ha-courage-to-quit/>



Key Take Away Points

- Use tools, like phone apps and calendars, to help remember to take medications and get refills.
- Work with your doctor to complete a written plan with phone numbers and instructions for when your COPD flares up.
- Use medications to help with cravings for cigarettes if you still smoke.
- Let your doctor and pharmacist know if you are struggling to use your inhaler correctly or affording your medications. There may be other options!
- Remember to inhale slow and steady with a metered dose inhaler.
- Remember to use your breath to deliver the medications to your lungs with a dry powder inhaler.
- Ask to speak to the pharmacist at each visit to the pharmacy. Say "yes" to counseling!
