

# Inspire to Breathe- Asthma and COPD Awareness

## Educating Health Care Professionals on Proper Inhaler Techniques

University of Florida College of Pharmacy- Gainesville Campus

WHAT WE DID:

### **Objective:**

The objectives of our professional development project were to enhance patient counseling skills of health professional students, foster interprofessional learning experiences and promote the role of pharmacist in providing direct patient care through a training workshop on Asthma and COPD inhaler techniques.

### **Plan:**

Our UF Gainesville SSHP collaborated with American College of Clinical Pharmacy (ACCP) student chapter in hosting the *Inspire to Breathe* workshop, an interactive hands-on training on asthma and COPD. We invited pharmacy, nursing, and medical students at the campus to participate in the program to foster an interprofessional learning environment. Our Asthma Awareness Project chairs provided an introductory presentation on asthma, COPD and allergies along with an overview of medication classes and clinical guidelines for treatment of asthma and COPD. Under the supervision of a pharmacist, third and fourth year pharmacy students instructed participants on proper use of various inhalers. These include metered dose inhaler (MDI) with or without spacer, handihaler, diskus, twisthaler, turbuhaler and respimat. Participants were then given the opportunity to practice proper inhaler techniques and use the teach- back method to demonstrate understanding and proficiency. A pre and post quiz was also conducted to assess improvement in knowledge and skills of participants.

### **Outcome:**

Our SSHP chapter was able to educate over 30 health care profession students on proper asthma and COPD inhaler techniques. Based on quiz results and teach back assessments, participants demonstrated improved knowledge and skills on the management of asthma and COPD. Participating in *Inspire to Breathe* provided students the opportunity to learn safe and effective medication use and important patient counseling points for asthma and COPD patients. Ultimately, our goal is to improve outcomes of asthma and COPD patient in hospitals, clinics, and other ambulatory care settings where students are involved in patient counseling.

WHAT YOU CAN DO:

- Assess the need for asthma and COPD inhaler technique education within the pharmacy curriculum
- Select a location convenient for demonstrative teaching
- Invite pharmacists to serve as preceptors for the workshop and recruit third and fourth year pharmacy students to instruct participants.
- Advertise event via email to pharmacy students and identify points of contact for other health profession colleges.
- Prepare a presentation on asthma and COPD and pre and post quizzes for participants

- Arrive an hour before the event to set up supplies and direct students to training area
- Evaluate the skills of participants and ask for feedback to improve workshop