INCREASED FOCUS ON INHALATION TECHNIQUE AFTER IMPROVEMENT OF NURSING STAFF QUALIFICATIONS
BEFORE/AFTER STUDY AT AALBORG UNIVERSITY HOSPITAL

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Background
Correct inhalation technique is crucial for obtaining optimal effect of drug and disease control of asthma/chronic obstructive pulmonary disease. Eighty percent of patients using inhaled medicines do not use correct inhalation technique.

Objectives
The aim of this study was to evaluate a skills dissemination model of inhalation technique for nursing staff and patients by a clinical pharmacist at three hospitals wards.

Methods
The intervention consisted of two hours of hands-on training in inhalation technique for selected nursing staff, super users, provided by pharmacist. The task of the super users was to train the remaining nursing staff in the acquired inhalation technique. Thereafter, the nursing staff evaluated patients’ inhalation technique. To assess their knowledge and focus on inhalation technique, questionnaires were provided to nursing staff at the selected wards before and after the intervention.

Results
120 questionnaires were filled in by nursing staff; 67 before and 53 after the intervention. Results showed that nursing staff had poor knowledge about inhalation technique (Figure 1). The intervention significantly improved super users’ knowledge and focus on inhaled medicines and inhalation technique. The focus and knowledge regarding inhalation technique among the nursing staff did not change during the study.

Ninety percent of the 54 patients evaluated by the pharmacist did not use correct inhalation technique (Figure 2).

Conclusion
Super users’ knowledge about inhaled medicines and inhalation technique did improve significantly when compared to the remaining nursing staff. This indicates that the model was unsuccessful in achieving its goal, and that all nursing staff needs thorough training provided by pharmacist to ensure optimal inhalation technique for patients.

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