

Patient Respiratory webinars' (March 2021) questions and answers

Live panel answering questions – Dr Ruth Chambers, Ben McManus, Nurse Claire Stamp and Nurse Ann Hughes

Question

Is there a right or wrong way to use a circular accuhaler?

Answer

There is a difference between technique for an MDI inhaler (as just demonstrated) and a powder inhaler. If you use the Asthma UK website link it gives you the option to watch a video tutorial on this.

RightBreathe.com will also allow you to select which inhaler to view (so for example, accuhaler) it then has a demo video attached if you click on to the picture of the device.

If you like the convenience of an App there are lots of really useful sections in the '**Manage your health**' app available on Apple or Android. You simply download any condition that you may need support with and on both the Asthma and COPD section there is a comprehensive 'how to' guide for various inhalers. To download the manage your health app, take a look at our resources section here: <https://www.digihealthwell.co.uk/resp-webinar/>

Question

Is the webinar being recorded as I would like to share it with my mum who has COPD?

Answer

It should be publicly available by March 26th and we will share the link to the webinar, resources and questions and answers with you all.

Question

Can you confirm that everyone with COPD should have a management plan, and the patient should have a copy of this?

Answer

Yes, all those with asthma and COPD should have a shared management plan agreed with the practice nurse or GP with whom they interact.

Question

Do we have to buy a pulse oximeter? If so, what is an accurate, recommended brand?

Answer

From Claire Stamp- We don't recommend a specific brand and over the years I have seen many versions used within our GP surgery.

From Chris Chambers - Pulse oximeters are available online or from well-known pharmacies or other retail shops. Most are made in China, and often specify accuracy to +/- 2%, and this is the same whether cheaper or expensive models. It is likely that some very cheap models may not indicate their reliability, but China does have some kind of standards and tries to control the sales of untested equipment. Medisave is a supply company which carries reliable stock and supplies the NHS as well as individuals, and currently offers one model at £17.99, and another slightly prettier American model for £173.99. For most patients, a pulse oximeter costing £17.99 will almost certainly be accurate enough unless there is a problem with their skin colour or very poor circulation, which can affect the accuracy of readings. Current costings of example pulse oximeters are:

Boots – Jumper pulse oximeter £30

Lloyds pharmacy – Choice MMed £19.99

Argos - Kinetik Wellbeing 19.99

Official Oximeter.co.uk £17.99

Anawiz.com - Anapulse £24.95 or via Amazon £19.95

Medisave - Choice MMed £17.99

Medisave – Nonin Onyx Vantage 9590 £173.99

Groupon - £7.99

Medical Supplies.co.uk Merlin Medical £85.99

Question

I have never been told about rinsing my mouth out after I have taken my inhaler, that is a really useful piece of information –thanks.

Answer

By rinsing your mouth and spitting the water out you are also reducing the amount of steroid that is entering your system. You may think that this is a very small amount but when you think that you may be taking your inhaler up to twice a day this can become quite a lot over time, and we need to avoid this.

This is also important when giving steroid inhalers to children as continual ingested steroid can affect their growth.

I would add that using a spacer or aero chamber with your inhaler does lessen the amount of steroid that can be ingested.

Question

Where can I find out more information about peak flow meters?

Answer

Asthma UK has a section on peak flow, including when to check it, the technique and they have a resource to print out a peak flow diary. This is great if you have been asked by your GP to keep a diary.

Again, if you favour the convenience of Apps the ***Manage your health'*** app has great sections on technique and handy peak flow diaries to use.

Question

How can I get a peak flow meter?

Answer

Peak flow meters can be prescribed by a GP or practice nurse if they deem it justifiable. Or you can buy one yourself eg from a pharmacy or online.

Question

We have never been given the option of having a video consultation in our surgery; how can I find out if we can?

Answer

It might be worth asking your GP if they offer it. The government expects every practice to be offering that option now.

Question

How often are you supposed to have an asthma or COPD review?

Answer

On average, you should have a COPD or asthma review every 12 months, but you may need to have more regular reviews, based on how well your condition is controlled.

Question

How do you get a rescue pack for COPD?

Answer

In general, standby rescue packs (with a week or so treatment with antibiotic and steroid) are available for patients who are having regular flare ups of their COPD. Ask your GP or practice nurse if they think you fit this description next time you go for a review. Research shows that such standby treatment taken at the right time proactively will often prevent patients with a flare up of COPD from deteriorating, and thus avoid an unnecessary hospital admission.

Question

What other local apps do you recommend?

Answer

There lots of reviewed health and wellbeing apps that can also be found at

<https://staffordshire.orchestra.co.uk/>

Here is the link to the Staffordshire Stop Smoking Service

<https://staffordshire.everyonehealth.co.uk/services/stop-smoking/>

Feedback from webinar participants

“I enjoyed the Asthma/COPD webinar last night. Discovered the wife not following all the correct information on her use of the accuhaler. Now corrected!”

“I have learnt so much today and thank you for that. I think this should be shared to more people as soon as possible, across the UK and not just Staffordshire.”