Patient Preference for Inhalers in COPD

Why not ask your patients what attributes they prefer when selecting an inhaler for their COPD treatment?

According to GOLD, pharmacological treatment should be individualized to the patient, including their preferences and ability to use the device.¹

Patient preference and satisfaction with their inhaler can affect inhaler technique and treatment adherence.²,³

Poor inhaler technique and adherence are associated with worse symptom control and health-related quality of life.⁴,⁵

In a study of 201 patients expressing an inhaler preference, 81% preferred inhalers that were highly rated in their ability to provide ease of inhalation and reliable drug delivery.⁸

Despite this, fewer than one-third of patients with COPD reported being extremely satisfied with any single attribute of their inhaler, according to a real-world study of >7300 patients using a range of inhaler types.⁶

Top 5 inhaler attributes with which patients with COPD were least satisfied⁶:

1. Need to forcefully inhale their medication
2. Indication that the dose of medicine has been inhaled correctly
3. Reusability for >1 month
4. Irritation in mouth and throat
5. The inhaler locks when it is empty

Patients with COPD prefer inhalers that are precise, reliable, and easy to use during breathing difficulties and that ease inhalation.⁷,⁸

What attributes do your patients with COPD prefer in an inhaler?

To learn more, go to chestfoundation.org

References:

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