

# Patient Preference for Inhalers in COPD

FOR CLINICIANS



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.<sup>1</sup>**



**Patient preference and satisfaction with their inhaler can affect inhaler technique** and treatment adherence.<sup>2,3</sup>

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



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

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.<sup>8</sup>



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.<sup>6</sup>



**Top 5 inhaler attributes** with which patients with COPD were **least** satisfied<sup>6</sup>:

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

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

To learn more, go to [chestfoundation.org](https://chestfoundation.org)

References:

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