My daily inhaler therapy

There are many maintenance inhaler options available to help manage your chronic respiratory disease and it is important to find the right device for you. 1-4

Before your appointment, print and complete this form and use it to speak to your doctor to help develop a management plan with an inhaler that best meets your needs.



The features of an inhaler that are important to me Please tick the responses that most apply to you

The inhaler is easy to learn

The inhaler shows clearly when the medication is running low

The inhaler has the option of using a spacer

The inhaler can hold multiple doses

The inhaler does not require me to breathe very hard to inhale my medication

The inhaler does not require me to coordinate my breathing with the medication release

The inhaler is environmentally friendly





Using my inhaler

Please **select** the responses that best apply to you

Agree

Slightly

Slightly

Disagree

I feel confident using my inhaler

I find it easy to inhale my medication

I find my inhaler easy to use

I have to breathe hard to inhale my medication

I find it easy to prepare my inhaler for use



How I feel on my current inhaler medication

Please **select** the responses that best apply to you

Agree

Slightly agree

Slightly disagree

Disagree

I feel less breathless

I feel my symptoms are under control

I cough less

I have less phlegm/mucus

I feel my quality of life has improved

I feel better able to perform my daily activities

I feel better able to be physically active

Tips for preparing for doctor's appointments

- Write down specific questions you want to discuss
- If you are unsure how to use your inhaler, ask for training
- Be as honest and specific as you can
- Don't feel pressured to speed through your appointment - get the answers you need
- If you feel nervous or have trouble remembering information take a friend or family member with you for support
- Take a list of your current medications and any new diagnoses or existing conditions

My notes

Notes to discuss during your appointment. Bring a pen so you can add anything from your discussion.

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^{1.} Restrepo RD, et al. Medication adherence issues in patients treated for COPD. Int J Chron Obstruct Pulmon Dis 2008;3(3):371-84;

^{2.} World Health Organization. Management of asthma. Available at: https://www.who.int/respiratory/asthma/burden/en/ [Last Accessed April 2019];
3. Global Initiative for Chronic Obstructive Lung Disease (GOLD). Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease,

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