

Pharmacists approach to demonstrating inhalation technique to patients in Poland

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Background Patients with chronic respiratory diseases (most common include asthma and COPD) very often need support to manage the disease and motivation to adhere to the treatment. Reducing symptoms of the disease may not be effective enough due to an incorrect use of an inhaler. Pharmacists can help patients to optimize their inhaler technique.

Purpose The study aims to: ? gain knowledge of the current habits of educating patients on correct inhaler technique by community pharmacists in Poland. ? determine factors affecting pharmacists' practice of inhaler counselling, ? assess pharmacists' approach to educate patients on inhaler techniques.

Method This was an online survey carried out among registered pharmacists in Poland (pharmacists were contacted by Regional Pharmaceutical Chamber). Data were collected between June and September 2020. The study was approved by the Ethics Committees at the Medical University of Warsaw. The study questionnaire consisted of two parts and demographic characteristics. The first part contained 10 questions on pharmacist's habits on educating patients on inhaler technique and the factors that might have impact on that practice. The second part (31 questions) related to pharmacist's approach to educate patients on inhaler technique, it was guided by the Reasoned Action Approach.

Findings The study included 232 pharmacists. Majority of the study participants (71.6%) never ask patients to demonstrate inhaler technique, 22.4% sometimes educate patients and 32.8% want to educate patients on inhaler technique at the earliest opportunity. The model of pharmacist's willingness to educate patients on inhaler technique is currently statistically analyzed.

Conclusion The role of the studied pharmacists in providing effective use of inhaled medications in respiratory disease treatment is insufficient.