

Reviewing COPD Treatment Options With Your Physician

- Chronic Obstructive Pulmonary Disease (COPD) is a term used to include chronic bronchitis, emphysema, or a combination of both conditions.
- The number one cause of COPD is smoking.
- COPD most often occurs in people 40 years of age and older who have a history of smoking.
- Symptoms include shortness of breath, cough, and/or mucus production that does not go away.

Source: ATS COPD Today 2016

Communication Between Physicians and Patients is Key!

Be sure to ask your physician to help you understand:

- o Your COPD diagnosis
- o Treatment options
- o Inhalation device set-up, care and proper cleaning
- o COPD exacerbations (flare-ups/sudden worsening of COPD symptoms)



Only **27%** of COPD patients are aware of the importance of preventing pulmonary exacerbations

My doctor and I created an action plan to help prevent exacerbations



54% of COPD patients prefer to use hand-held small volume nebulizers over other devices

I asked my doctor if a hand-held small volume nebulizer is right for me



57% of COPD patients do not know how to properly clean and store their hand-held small volume nebulizer or other inhalation device

My doctor showed me how to properly clean and store my device



50% of COPD patients say they are not taught how to properly use their inhalation device

My doctor explained how to correctly use my inhalation device

Source: ATS Patient Nebulizer Survey 2016

Proper Use, Care and Cleaning of Inhalation Devices

- Proper care and cleaning of inhalation devices is extremely important in making sure your medicine is properly delivered. It helps ensure proper dosing, good hygiene, and may lead to better health outcomes.
- Remind your doctor to assess how you use your inhalation device at each visit.
- When a Durable Medical Equipment (DME) vendor technician provides you with your device make sure the technician explains how to properly use your inhalation device.
- If you received your inhalation device from a DME vendor, do not hesitate to ask your physician if it is the appropriate device for you.

Cleaning and Maintenance

Various inhalation devices have different methods for set-up, cleaning and upkeep. Read and follow the manufacturer's instructions for set-up, cleaning and maintenance of your:

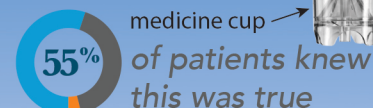
Pressurized Metered Dose Inhaler

Dry Powder Inhaler

Hand-Held Small Volume Nebulizer (SVN)

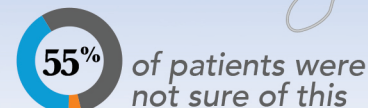
REMEMBER

After each use, the nebulizer medicine cup of the hand-held SVN should be rinsed with warm water.



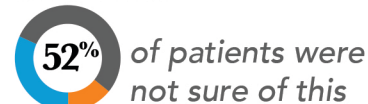
REMEMBER

The nebulizer compressor must be covered with a clean, dry cloth when not in use.



REMEMBER

Hand-held small volume nebulizers should be cleaned with an alcohol wipe after use and allowed to dry. Three times a week, the mouthpiece or facemask should be soaked in equal parts of white vinegar and distilled water.



True False Not Sure



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