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Εσμη οικογένεια μου ήθελε με στήριξε σε όλο αυτό το ταξίδι στη γνώση.

Title: Evaluation of the experiences and views of patients with asthma and / or COPD in the use of inhalers.

Introduction. Although the main aim of the COPD and asthma treatment is the control of symptoms and the good quality of life of the patients, this is not always achieved in clinical practice. Patients mistakes in the use of the inhalers play an important role and, as a result, we have insufficient disease control, increased morbidity / mortality and finally increased costs.

Objective. To explore the problems and mistakes in the use of inhalers and patients perceptions about inhalers use in respiratory disease patients (COPD and asthma).

Material and methods. The study is a qualitative study which includes a quantitative part. The sample of the analysis was comprised of 19 individuals, 9 with COPD and 10 with Asthma. Semi-structured interviews were used together with the Asthma Control Test (ACT) in order to assess asthma control in patients with asthma and the Clinical COPD Questionnaire (CCQ) in order to assess COPD patients health status.

Results. The mean age of the patients with asthma and COPD was was 18.5 ± 4.11 and 77.44 ± 4.58 years, respectively. Asthma and COPD affected patients daily life, yet patients did not express any special concerns regarding drug adverse effects. All patients were satisfied from their treatment, whereas almost everyone faced problems in the inhaler technique during the inhale and the exhale step. Also, all patients were willing to get information about the inhaler technique. The majority of them would like to find out if they receive their medicines properly. Also, all patients would like an individual training in person. The most important that has to be assessed is the inhaler technique, as all patients agreed. In the ACT score, 4 patients had <19 points which means asthma was not controlled correctly, 3 had 25 points which means that asthma was under control and one patient had 9 points therefore poor control of asthma. Regarding CCQ score, one patient had 0.3 (good quality of life), three patients had a score between 1 and 2, that is an acceptable quality of

life in COPD patients of stage 3 - 4, three patients had a score between 2 and 3 so they had impaired quality of life and finally, two patients had a score 3 and had a very impaired quality of life.

Conclusions. Our study revealed important errors in the inhaler technique and lack of training. Training in the inhaler technique and counseling should be the primary concern of health providers. This may improve patient's quality of life due to better control of their disease.

Total words: 410

Key words: Asthma, COPD, inhaler technique, inhalers

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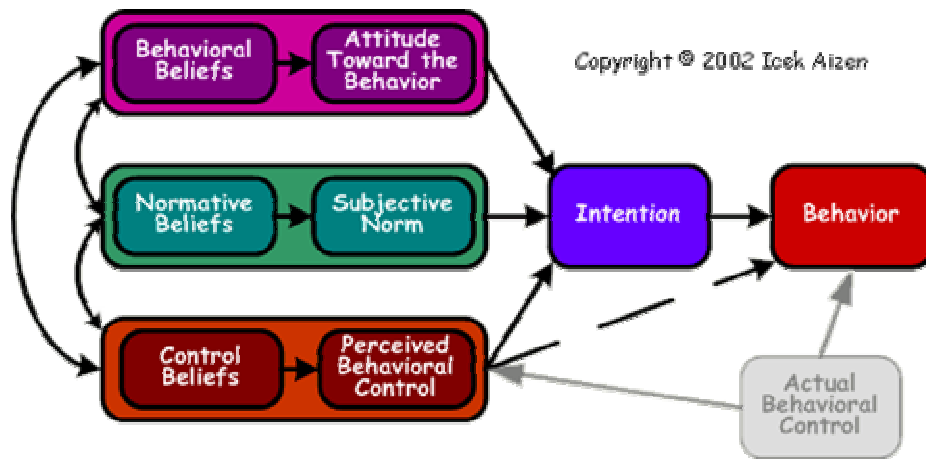
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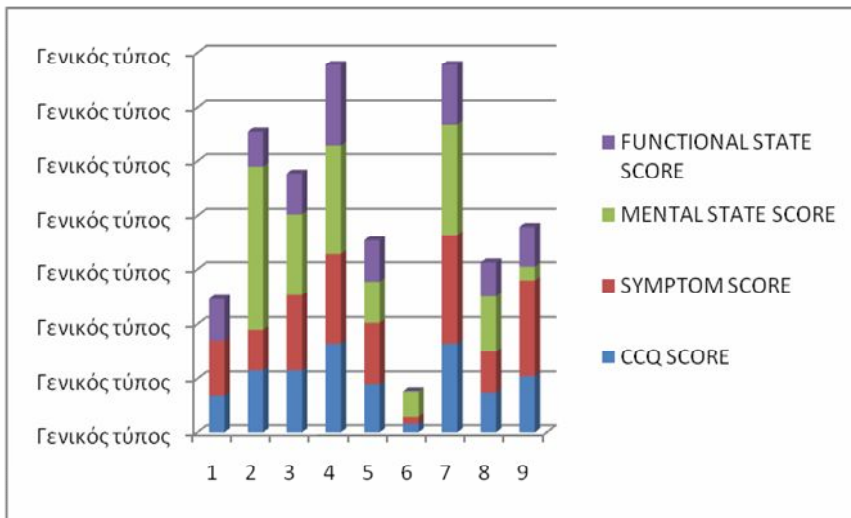
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Inhaler Devices Identification Chart



- Preventers:**
1. Pulmicort Turbuhaler 100 mcg
 2. Pulmicort Turbuhaler 200 mcg
 3. Pulmicort Turbuhaler 400 mcg
 4. Beclazone MDI 50 mcg
 5. Beclazone MDI 100 mcg
 6. Beclazone MDI 250 mcg
 7. Flootide MDI 50 mcg
 8. Flootide MDI 125 mcg
 9. Flootide MDI 250 mcg
 10. Flootide Accuhaler 50 mcg
 11. Flootide Accuhaler 100 mcg
 12. Flootide Accuhaler 250 mcg
 13. Intal Spinhaler, used with Intal 20 mg capsules
 14. Tilade MDI 2 mg



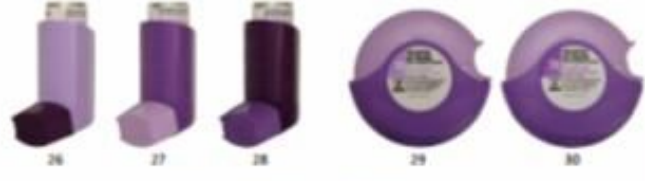
- Symptom Controllers:**
15. Serevent Accuhaler 50 mcg
 16. Serevent MDI 25 mcg
 17. Oxis Turbuhaler 6 mcg
 18. Foradil Aerolizer, used with Foradil 12 mcg capsules
 19. Spiriva Handihaler, used with Spiriva 18 mcg capsules



- Relievers:**
20. Ventolin MDI 100 mcg
 21. Salamol MDI 100 mcg
 22. Respigen MDI 100 mcg
 23. Bricanyl Turbuhaler 250 mcg
 24. Combivent MDI 100/20 mcg
 25. Almont MDI 20 mcg



- Combination Inhalers:**
26. Seretide MDI 50/25 mcg
 27. Seretide MDI 125/25 mcg
 28. Seretide MDI 250/25 mcg
 29. Seretide Accuhaler 100/50 mcg
 30. Seretide Accuhaler 250/50 mcg
 31. Symbicort Turbuhaler 100/6 mcg
 32. Symbicort Turbuhaler 200/6 mcg
 33. Symbicort Turbuhaler 400/12 mcg
 34. Vannair MDI 100/6 mcg
 35. Vannair MDI 200/6 mcg



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2.2 *T* μ μ - (*The Asthma Control*
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[IT1]: ΕΙΝΑΙ ΤΟ
 ΑΝΤΙΣΤΟΙΧΟ REFERENCE

1. Τις τελευταίες 4 εβδομάδες, πόσο συχνά το άσθμα σε εμπόδιζε να ανταποκριθείς στα καθήκοντά σου στη δουλειά, το σχολείο, τις σπουδές ή το σπίτι;

Συνεχώς	1	Πολύ συχνά	2	Συχνά	3	Σπάνια	4	Ποτέ	5	<input type="checkbox"/>
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2. Τις τελευταίες 4 εβδομάδες, πόσο συχνά ένωσες δύσπνοια;

Συχνότερα από μία φορά την ημέρα	1	Μία φορά την ημέρα	2	3 με 6 φορές την εβδομάδα	3	Μία ή δύο φορές την εβδομάδα	4	Ποτέ	5	<input type="checkbox"/>
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3. Τις τελευταίες 4 εβδομάδες, πόσο συχνά τα συμπτώματα του άσθματος (αναπνευστικός συριγμός, βήχας, δύσπνοια, σφίξιμο ή πόνος στο στήθος) σε ξύπνησαν κατά τη διάρκεια της νύχτας ή νωρίτερα από το κανονικό το πρωί;

4 ή περισσότερες νύχτες την εβδομάδα	1	2 έως 3 νύχτες την εβδομάδα	2	Μία φορά την εβδομάδα	3	Μία ή δύο φορές	4	Ποτέ	5	<input type="checkbox"/>
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4. Τις τελευταίες 4 εβδομάδες, πόσο συχνά χρησιμοποίησες το ανακουφιστικό σου φάρμακο ή τον νεφελοποιητή σου (π.χ. AerolinR, DracanylR, SalbunovaR);

3 ή περισσότερες φορές την ημέρα	1	1 ή 2 φορές την ημέρα	2	2 ή 3 φορές την εβδομάδα	3	Μία φορά την εβδομάδα ή λιγότερο	4	Ποτέ	5	<input type="checkbox"/>
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5. Θεωρείς ότι τις τελευταίες 4 εβδομάδες το άσθμα σου ήταν:

Καθόλου υπό έλεγχο	1	Ελάχιστα υπό έλεγχο	2	Κάπως υπό έλεγχο	3	Ικανοποιητικά υπό έλεγχο	4	Απόλυτα υπό έλεγχο	5	<input type="checkbox"/>
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[IT2]: ΕΙΝΑΙ ΑΥΤΟ ΤΟ
 ΑΝΤΙΣΤΟΙΧΟ REFERENCE?

Αριθμός ασθενούς: _____
 Ημερομηνία: _____

ΚΛΙΝΙΚΟ ΕΡΩΤΗΜΑΤΟΛΟΓΙΟ ΓΙΑ ΤΗΝ Χ.Α.Π.

Παρακαλούμε, **βάλτε σε κύκλο** τον αριθμό της απάντησης που περιγράφει καλύτερα το πώς νιώθατε κατά την **τελευταία εβδομάδα**.

(Μόνον μια απάντηση για κάθε ερώτηση).

Κατά μέσο όρο, κατά την τελευταία εβδομάδα, πόσο συχνά νιώσατε:	ποτέ	σχεδόν ποτέ	μερικές φορές	αρκετές φορές	πολλές φορές	πάρα πολλές φορές	σχεδόν συνέχεια
1. Λαχάνιασμα όταν ήσαστε σε ανάπαυση;	0	1	2	3	4	5	6
2. Λαχάνιασμα όταν είχατε σωματικές δραστηριότητες;	0	1	2	3	4	5	6
3. Ανήσυχος/η μήπως κολλήσατε κάποιο κρυολόγημα ή μήπως χειροτερέψει η αναπνοή σας;	0	1	2	3	4	5	6
4. Θλιμμένος/η (λυπημένος/η) λόγω των αναπνευστικών σας προβλημάτων;	0	1	2	3	4	5	6
Γενικά, κατά την τελευταία εβδομάδα, πόσο από τον χρόνο:							
5. Βίχατε;	0	1	2	3	4	5	6
6. Είχατε φλέματα;	0	1	2	3	4	5	6
Κατά μέσο όρο, κατά την τελευταία εβδομάδα, πόσο περιορίστηκατε στις παρακάτω δραστηριότητες λόγω των αναπνευστικών σας προβλημάτων:	δεν περιορίστηκα καθόλου	περιορίστηκα πολύ λίγο	περιορίστηκα λίγο	περιορίστηκα μέτρια	περιορίστηκα πολύ	περιορίστηκα πάρα πολύ	περιορίστηκα τελείως/ή ανίκανος/η να τις κάνω
7. Εντατικές σωματικές δραστηριότητες (όπως το να ανεβαίνετε σκάλες, το να βιάζεστε, το να κάνετε αθλητισμό)	0	1	2	3	4	5	6
8. Μέτριες σωματικές δραστηριότητες (όπως περπάτημα, νοικοκυριό, μεταφορά πραγμάτων);	0	1	2	3	4	5	6
9. Καθημερινές δραστηριότητες στο σπίτι (όπως το να ντύνεστε, πλένεστε);	0	1	2	3	4	5	6
10. Κοινωνικές δραστηριότητες (όπως το να μιλάτε, το να είστε με παιδιά, ή το να επισκέπτεστε φίλους/συγγενείς);	0	1	2	3	4	5	6

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