

## Powder inhalers

The drug is contained in powder form. It might be:

- Medicated powder capsules - before each inhalation, insert the capsule into the inhaler chamber and puncture it by firmly pressing the side buttons simultaneously.
- Medicated powder in the inhaler chamber with multiple doses - to administer the subsequent dose, adjust the inhaler lever.

## Metered-dose inhalers

- They house a vessel with pressurized gas, serving as a conveyance for medication molecules.
- To administer medication, press the button located at the top of the medication container.
- Coordination between dose release and inspiration initiation is essential.

## Nebulized medications

- Medication is administered via a nebulizer, a device that generates a medicinal mist.

## Scale of Dyspnea Severity

**Undergo a basic Medical Research Council (MRC) assessment to evaluate the extent of your breathlessness. Provide the outcome to your pharmacist or physician.**

- 0 - During intense physical activity, you experience shortness of breath.
- 1 - You experience dyspnea when walking briskly on level ground or ascending a slight incline.
- 2 - Due to breathlessness, you walk slower than your peers or need to pause for breath when walking at your usual pace on level ground.
- 3 - After walking approximately 100 meters or a few minutes on level ground, you should pause to catch your breath.
- 4 - Shortness of breath is experienced even during dressing or undressing; inability to leave the house due to shortness of breath.

Consult your pharmacist for inquiries regarding medications or inhalation techniques. Further details can be found in the medication leaflet or on the website.

[www.astma-alergia-pochnp.pl](http://www.astma-alergia-pochnp.pl)

2023 Gold Guidelines



NEW MEDICINE  
SERVICE

PHARMACEUTICAL CARE

## PATIENT EDUCATION MATERIALS

### Chronic obstructive pulmonary disease

Pharmacist's remarks and suggestions



PATRONAGE

Polska Federacja  
Stowarzyszeń Chorych  
na Astmę, Alergię i POChP

## WHAT IS COPD?

Chronic obstructive pulmonary disease (COPD) is characterized by coughing with sputum and shortness of breath during physical exertion.

These symptoms result from inflammation in the respiratory tract, affecting both the bronchial tree and the alveoli, leading to chronic and progressive bronchial obstruction known as obstruction.

## Self-assessment

Scan the QR code and complete the form.  
**Chronic Obstructive Pulmonary Disease Assessment Test.**

The test can be conducted during consultations with a pharmacist at NMS meetings.



## COPD TREATMENT

- Cease smoking and steer clear of secondhand smoke and contaminated air (both indoors and outdoors).
- Maintain physical activity. Engaging in regular exercise and walking extensively.
- Maintain a healthy diet and proper body weight.
- Practice breathing exercises.
  - Position your mouth as if to whistle. While in the "spout," exhale slowly and simultaneously draw in your abdomen (avoid pushing).
  - Engage diaphragmatic breathing.
- Adhere to all prescribed medications consistently.
- Learn the correct inhalation technique.
- Consider receiving pneumococcal and annual influenza vaccinations.



## WHAT DO COPD MEDICATIONS ENTAIL?

### 1) Inhaled pharmaceuticals

- Metered-dose inhalers
- Powder inhalers
- Gentle mist inhalers
- Drugs administered via nebulization.

### 2) Tablet medications



## IMPORTANT!

- After inhaling steroids, it is advisable to wash your face, brush your teeth, and rinse your mouth.
- Refrain from exhaling into the inhaler.
- Refer to the leaflet for instructions on cleaning your inhaler.

**To ensure proper treatment, mastering the accurate inhalation technique is essential.**