

ABSTRACT

EVALUATION OF INHALER TECHNIQUES IN ASTHMA OUTPATIENT PATIENTS AT RSUD DR. H. SLAMET MARTODIRDJO PAMEKASAN

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Background: Asthma is one of the 12 largest non-communicable diseases (NCDs) in Indonesia with a prevalence by 2.4%. Asthma treatment can be done by inhalation using an inhaler, however improper inhaler technique can reduce the effectiveness of the inhaler medication.

Objective: The aim of this study is to evaluate the use of inhalers in polypulmonary asthma patients by February 2024 at RSUD dr. H. Slamet Martodirdjo Pamekasan.

Method: This study is a descriptive observational study, the data obtained directly from the inhaler technique checklist by National Asthma Council Australia (NACA). The research sample is 30 asthma patients with Metered Dose Inhaler (MDI) and Dry Powder Inhaler (DPI) and contain complete data (gender, age, occupation, educational history and length of history of inhaler use).

Results and Conclusions: Frequently improper inhaler techniques made by patients are without shaking the inhaler and unholding it upright by 20% in the MDI inhaler, without gargling by 26.7% in the DPI inhaler containing corticosteroids, exhaling before inhaling the inhaler by 20% in both MDI and DPI inhaler, and without holding the breath for around 5-10 seconds by 33.3% and 26.7% in both MDI and DPI inhaler respectively. The accuracy of inhaler technique at RSUD dr. H. Slamet Pamekasan was 66.6%.

Keywords : Asthma, Metered Dose Inhaler (MDI), Dry Powder Inhaler (DPI)