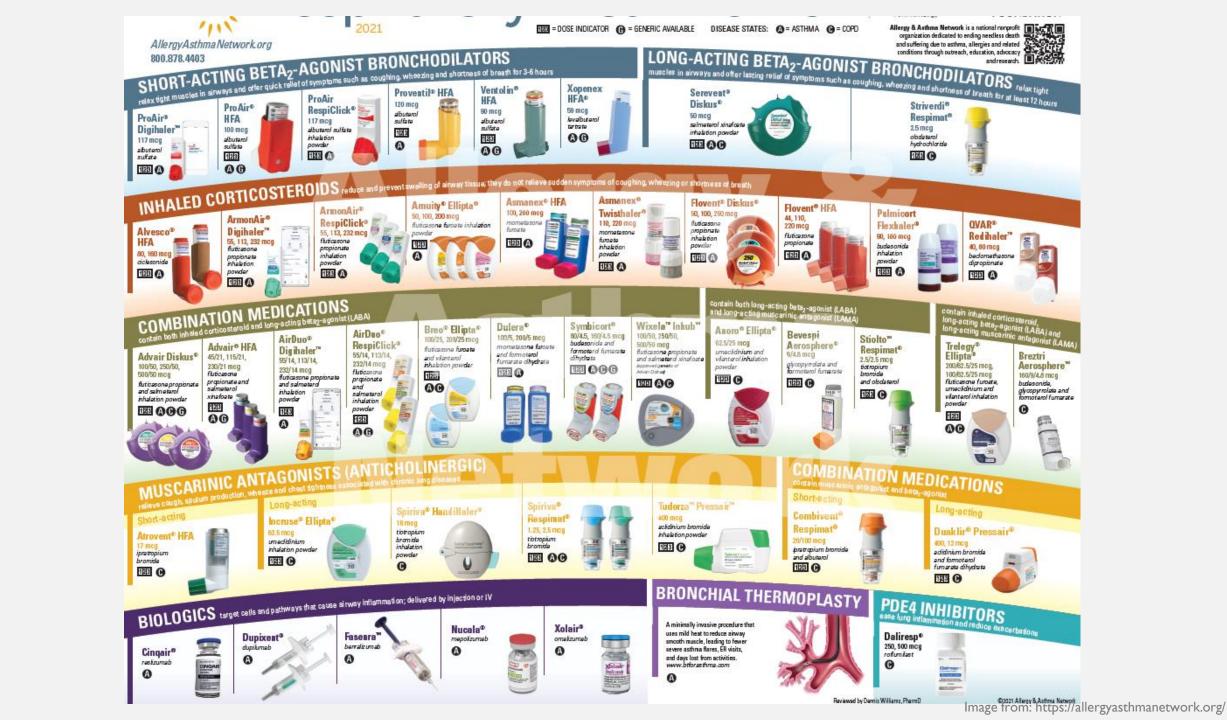
# BREATHE EASILY: PHARMACY INHALER REVIEW

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# **OBJECTIVES**

- Identify frequently used inhalers by pharmacologic class.
- Discuss common inhaler technique and administration errors.



# INHALED MEDICATIONS

# SHORT-ACTING BETA<sub>2</sub>-AGONIST (SABA)

- Mechanism of action: act on beta<sub>2</sub>
   receptors resulting in smooth muscle
   relaxation and bronchodilation
  - Duration of action: 3-6 hours
  - Onset of action: 10-20 minutes for initial response, peak 2-3 hours
- Indications:
  - Asthma
  - COPD
- Common side effects:
  - Tachycardia, tremor, shakiness

- Available Products:
  - Albuterol (ProAir, Ventolin, Proventil)
  - Levalbuterol (Xopenex)



# LONG-ACTING BETA<sub>2</sub>-AGONIST (LABA)

- Mechanism of action: act on beta<sub>2</sub>
   receptors resulting in smooth muscle relaxation and bronchodilation
  - Duration of action: 12-24 hours
  - Onset of action: 10-20 minutes for initial response, peak 2-3 hours
- Indications:
  - COPD
  - Asthma (only in combination with ICS)
- Common side effects:
  - Cough, musculoskeletal pain, pharyngitis, rhinitis, throat irriation

- Available Products:
  - Olodaterol (Striverdi)
  - Salmeterol (Serevent)



# INHALED CORTICOSTEROIDS (ICS)

- Mechanism of action: reduce airway inflammation
  - Duration of action: 12-24 hours
  - Onset of action: 12-24 hours for initial response, <u>peak 2-4 weeks</u>
- Indications:
  - Asthma
- Common side effects:
  - Thrush, hoarseness, respiratory infections

- Available Products:
  - Beclomethasone (Qvar)
  - Budesonide (Pulmicort)
  - Ciclesonide (Alvesco)
  - Fluticasone (ArmonAir, Arnuity, Flovent)
  - Mometasone (Asmanex)



# MUSCARINIC ANTAGONISTS – SHORT ACTING

- Mechanism of action: Inhibit muscarinic receptors on airway smooth muscle causing bronchodilation
  - Duration of action: 4-8 hours
  - Onset of action: 15 min for initial response, peak 1-2 hours
- Indications:
  - COPD
- Common side effects:
  - Dry mouth, bitter/abnormal taste, bronchitis

- Available Products:
  - Ipratropium (Atrovent) short acting



# MUSCARINIC ANTAGONISTS – LONG ACTING

- Mechanism of action: Inhibit the M3 receptor on airway smooth muscle causing bronchodilation
  - Duration of action: 12-24 hours
  - Onset of action: 60 min for initial response, peak 1-3 hours
- Indications:
  - COPD
  - Asthma tiotropium only
- Common side effects:
  - Cough, nasopharyngitis, dry mouth

- Available Products:
  - Aclidinium (Turdorza)
  - Tiotropium (Spriva)
  - Umeclidinium (Incruse)



## COMBINATION INHALERS

- Short-acting beta<sub>2</sub>-agonist + short-acting muscarinic antagonist (SABA/SAMA)
- Inhaled corticosteroids + long-acting beta<sub>2</sub>-agonist (ICS/LABA)
- Long-acting beta<sub>2</sub>-agonist + long-acting muscarinic antagonist (LABA/LAMA)
- Inhaled corticosteroids + long-acting beta<sub>2</sub>-agonist + long-acting muscarinic antagonist (ICS/LABA/LAMA)

# SHORT-ACTING BETA<sub>2</sub>-AGONIST (SABA)

## MUSCARINIC ANTAGONISTS

- Duration of action: 4-5 hours
- Onset of action: 15 min for initial response, peak 60 min
- Indications:
  - COPD
- Common side effects:
  - Headache, bronchitis, cough

- Available Products:
  - Ipratropium / albuterol (Combivent)



# INHALED CORTICOSTEROIDS

# LONG-ACTING BETA<sub>2</sub>-AGONIST (LABA)

- Duration of action: 12-24 hours
- Onset of action: 5-30 min for initial response, peak 2-4 weeks
  - Formoterol onset of 5 minutes and can be considered for acute symptoms
- Indications:
  - Asthma
  - COPD

- Available Products:
  - Budesonide / Formoterol (Symbicort)
  - Fluticasone / Salmeterol (Advair, Air Duo, Wixela)
  - Fluticasone / Vilanterol (Breo)
  - Mometasone / Formoterol (Dulera)



# LONG-ACTING BETA<sub>2</sub>-AGONIST (LABA)

## MUSCARINIC ANTAGONISTS

- Duration of action: 12-24 hours
- Onset of action: 20-30 minutes for initial response, 2-5 days for peak
- Indications:
  - COPD

- Available Products:
  - Aclidinium / Formoterol (Duaklir)
  - Glycopyrrolate / Formoterol (Bevespi)
  - Tiotropium / Olodaterol (Stiolto)
  - Umeclidinium / Vilanterol (Anoro)



# INHALED CORTICOSTEROIDS

## LONG-ACTING BETA<sub>2</sub>-AGONIST (LABA)

# MUSCARINIC ANTAGONISTS

- Duration of action: 12-24 hours
- Indications:
  - COPD
  - Asthma Trelegy only

- Available Products:
  - Budesonide / Formoterol / Glycopyrrolate (Breztri)
  - Fluticasone / Vilanterol / Umeclidinium (Trelegy)



# INHALATION DEVICES

## INHALER DEVICE TYPES

Metered dose inhalers (MDI)

Soft mist inhalers (SMI)

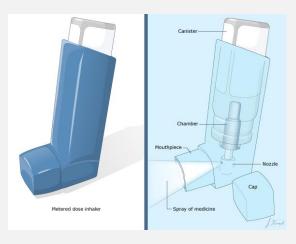
Dry powder inhalers (DPI)

## METERED DOSE INHALERS

#### HOW TO USE

- First dose preparation:
  - 1. Shake & prime before use (4 puffs)
  - 2. Repeat if not used / dropped per manufacturer
- Daily use:
  - I. Remove cap & shake
  - 2. Breathe out away from inhaler
  - 3. Close lips on mouthpiece
  - 4. Breathe in slowly and deeply, press down on actuator
  - 5. Remove inhaler and hold breath for ~10 sec
- Cleaning:
  - Clean device weekly per manufacturer recommendations

- Poor coordination
- Not shaking or priming
- Aiming inhaler at roof of mouth or tongue
- Multiple sprays into spacer/VHC
- Using an empty inhaler



## METERED DOSE INHALERS

### SHORT-ACTING BETA<sub>2</sub>-AGONIST (SABA)

- ProAir HFA
- Ventolin
- Proventil
- Xopenex

# MUSCARINIC ANTAGONISTS

Atrovent HFA – shortacting

# INHALED CORTICOSTEROIDS

- Qvar Redihaler\*
- Flovent HFA
- Alvesco
- Asmanex HFA

# COMBINATION INHALERS

- Advair HFA
- Symibcort
- Dulera

Bevespi LABA /

ICS /

LABA

• Breztri ICS / LABA / LAMA

# QVAR REDIHALER

- Breath-actuated MDI
  - Less coordination required
- Should not be used with a spacer or valved holding chamber
- Not ideal for young children



# METERED DOSE INHALERS

#### **ADVANTAGES**

- Portable and compact
- Easy to use
- Generic availability for some products
- Can be used with spacer or valved holding chamber

#### **DISADVANTAGES**

- Coordination required
- Mouth deposition
- Xopenex no dose counter

## SOFT MIST INHALERS

#### **HOW TO USE:**

- First dose preparation:
  - Insert cartridge
  - Turn-open-press until cloud is visible, then repeat 3 more times
- Daily use:
  - I. Turn
  - 2. Open
  - 3. Press
- Cleaning:
  - Mouthpiece once weekly with clean, damp cloth
- 1. SPIOLTO® RESPIMAT® Product monograph
- 2. Dalby RN, et al. Med Devices (Auckl). 2011;4:145-155.
- 3. Dalby R, et al. Int J Pharm. 2004;283(1-2):1-9.
- 4. Ciciliani AM, et al. Int J Chron Obstruct Pulmon Dis. 2017;12:1565-1577.

- Cartridge not fully inserted
- Not activating for first dose
- Releasing dose early
- Not releasing dose
- Using an empty inhaler
- Breath timing



Image from: https://www.respimat.com/

# SOFT MIST INHALERS

# LONG-ACTING BETA<sub>2</sub>-AGONIST (LABA)

• Striverdi Respimat

## MUSCARINIC ANTAGONISTS

• Spiriva Respimat

# COMBINATION INHALERS

- Combivent Respimat SABA / SAMA
- Siolto Respimat LABA / LAMA

# SOFT MIST INHALERS

#### **ADVANTAGES**

- Use lower dosages
- Requires less coordination
- Slower dose release
  - Less mouth deposition
  - Improved lung deposition
- Can be used with spacer or valved holding chamber

#### **DISADVANTAGES**

- Three-month expiration once cartridge is punctured
- Few products available

## DRY POWDER INHALERS

#### SHORT-ACTING BETA<sub>2</sub>-AGONIST (SABA)

- ProAir RespiClick
- ProAir Digihaler

### LONG-ACTING BETA<sub>2</sub>-AGONIST (LABA)

Serevent Diskus

### MUSCARINIC ANTAGONISTS

- Incruse Ellipta
- Spiriva Handihaler
- Tudorza Pressair

# INHALED CORTICOSTEROIDS

- ArmonAir RespiClick
- ArmonAir Digihaler
- Arnuity Ellipta
- Asmanex Twisthaler
- Flovent Diskus
- Pulmicort Flexhaler

#### COMBINATION INHALERS

ICS / LABA

- Advair Diskus
- AirDuo RespiClick
- AirDuo Digihaler
- Breo Ellipta
- Wixela Inhub

- Anoro Ellipta
- Duaklir Pressair

Trelegy Ellipta

ICS / LABA / LAMA

LABA / LAMA

# DRY POWDER INHALERS

#### **ADVANTAGES**

- Small and portable
- Quick administration
- Requires less coordination

#### **DISADVANTAGES**

- Slowly breaths won't deliver full doses
- Cannot be used with spacer or valved holding chamber
- Humidity can clump medication

## ELLIPTA / DISKUS / INHUB

#### HOW TO USE

- First dose preparation none!
- Daily use:
  - Load dose
  - 2. Breathe out and away from inhaler
  - 3. Place mouth on mouthpiece and breath in <a href="QUICKLY">QUICKLY</a> and deeply
  - 4. Remove inhaler and hold breath for ~10 sec
- Cleaning none!



Serevent Diskus Flovent Diskus Advair Diskus



Arnuity Ellipta Breo Ellipta Anoro Ellipta Incruse Ellipta Trelegy Ellipta

#### **COMMON ERRORS**

- Not loading dose
- Moving inhaler when dose is loaded
- Not inhaling quickly enough
- Breathing into inhaler
- Covering vent holes



Wixela InHub

## **CAPSULE INHALERS**

#### HOW TO USE

- First dose preparation none!
- Daily use:
  - I. Open Handihaler
  - 2. Insert capsule and close mouthpiece
  - 3. Press green piercing button
  - 4. Breathe out and away from inhaler
  - 5. Place mouth on mouthpiece, holding inhaler horizontally
  - 6. Breath in **QUICKLY** and deeply
  - 7. Remove inhaler and hold breath for ~10 sec
  - 8. Repeat steps 4-7
  - 9. Empty capsule shell into trash
- Cleaning
  - Rinse device with warm water
  - Let air dry for 24 hours

- Swallowing capsules
- Not puncturing capsule
- Not taking second breath



## **TWISTHALER**

#### HOW TO USE

- First dose preparation none!
- Daily use:
  - Load dose by twisting cap counterclockwise to remove
  - 2. Breathe out and away from inhaler
  - 3. Place mouth on mouthpiece, holding horizontally
  - 4. Breath in <u>QUICKLY</u> and deeply
  - 5. Remove inhaler and hold breath for ~10 sec
  - 6. Replace cap by rotating clockwise until it clicks
- Cleaning none!

- Covering vent holes
- Loading dose via cap removal



## **FLEXHALER**

#### HOW TO USE

- First dose preparation
  - Twist grip in one direction, then back in the other direction until it clicks once
- Daily use:
  - I. Hold inhaler upright and remove cap
  - Twist grip as far as it goes in one direction, then back in the other direction until it clicks
  - 3. Breathe out and away from inhaler
  - Place mouth on mouthpiece and breath in QUICKLY and deeply
  - 5. Remove inhaler and exhale normally
- Cleaning
  - Clean with dry tissue weekly

- Incorrectly loading dose
- Not inhaling quickly enough
- Breathing into inhaler
- Covering vent holes



## RESPICLICK

#### HOW TO USE

- First dose preparation none!
- Daily use:
  - Load dose by opening cap until hear "click"
  - 2. Breathe out and away from inhaler
  - Place mouth on mouthpiece and breath in QUICKLY and deeply
  - Remove inhaler and hold breath for ~10 sec
- Cleaning
  - Wipe out mouthpiece with dry cloth as needed

- Not loading dose
- Moving inhaler when dose is loaded
- Not inhaling quickly enough
- Breathing into inhaler
- Covering vent holes
- Loading multiple doses





### **PRESSAIR**

#### **HOW TO USE**

- First dose preparation none!
- Daily use:
  - Load dose by pressing button until control window turns green
  - 2. Breathe out and away from inhaler
  - Place mouth on mouthpiece and breath in QUICKLY and deeply
  - 4. Remove inhaler and hold breath for ~10 sec
  - 5. If control window is red, done. If window is green, repeat steps 2-4
- Cleaning none!

- Not loading dose
- Moving inhaler when dose is loaded
- Not inhaling quickly enough
- Breathing into inhaler



# NON-TECHNIQUE ERRORS

Non-adherence

Duplication in therapy

Frequency errors

Inhaler confusion

Spacers / valved holding chambers

## PRODUCT SELECTION

Indication

Insurance preference

Cost

Device preference

Dosing frequency

Expiration dates

# **QUESTIONS?**

## **Contact Information:**

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