

# Education for proper pressurized metered dosage inhaler technique among asthmatics from Trinidad.

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## Introduction

A chronic respiratory disease that affects millions of people worldwide is asthma. It is characterized by airway inflammation and constriction, which causes symptoms like wheezing, breathlessness, and coughing. Effective asthma management is essential to raising the affected population's quality of life. Using inhalers, which administer medication directly to the airways, is one of the main therapies for asthma. However, it's not always as simple as it may seem to use an inhaler properly. Asthma patients and healthcare professionals must have a full understanding of how to use these devices appropriately because the success of asthma drugs depends on the correct inhaler technique [1].

People of various ages and backgrounds are affected by asthma, which is a global health concern. Asthma is a common respiratory ailment that has a substantial influence on the lives of many people in Trinidad and Tobago, a Caribbean country renowned for its colorful culture and stunning scenery. Pressurized metered dosage inhalers (pMDIs), which deliver essential medication to control and alleviate symptoms, are a critical component of asthma care. However, the correct inhaler technique is a key factor in determining how well pMDIs control asthma. Studies have revealed that a sizable portion of asthma patients struggle with proper inhaler usage, not just in Trinidad but across the globe [2].

The symptoms of asthma, a long-term respiratory disorder marked by airway inflammation and constriction, include wheezing, coughing, chest tightness, and shortness of breath. Asthma is a major cause for concern for the general health in Trinidad and Tobago. The Ministry of Health reports that asthma affects about 12% of the population, with children having a greater frequency than adults. Although there are excellent asthma treatments available, inadequate management of the condition still poses a problem. In Trinidad, a large number of asthmatics experience unmanageable symptoms, frequent hospitalizations, and a poor quality of life. The inappropriate use of pMDIs, which can result in insufficient medication transport to the airways, is a significant contributor causing this problem [3].

The most often prescribed asthma medicine delivery methods are pressurized metered dosage inhalers. A metered amount of medication is released by them as a tiny mist that must be

inhaled deeply into the lungs in order for them to work. To accomplish this, a precise and coordinated inhaling procedure is necessary, which many patients find challenging to learn without the correct training and direction. Inhaler method errors might have serious repercussions. When a drug does not work as planned in the lungs, asthma symptoms may linger or get worse. This results in a higher need for rescue drugs, more trips to the ER, and a lower quality of life. Inadequate asthma control can also have long-term effects, such as a reduction in lung function and a higher chance of asthma flare-ups [4].

Individual instructions on the particular pMDI that has been prescribed to the patient should be given. This entails acquainting them with the parts of the device, appropriate priming, and the proper inhaling technique. Patients should see a healthcare practitioner use an inhaler correctly, stressing the significance of timing the actuation and inhalation. In addition to vocal guidance, the use of visual aids like instructional videos and leaflets can aid patients in visualizing the proper approach. In order to make sure they can follow the instructions precisely, patients should have the chance to practice using their inhalers under close supervision. Education should be a lifelong endeavor. During follow-up visits, healthcare professionals should routinely evaluate patients' inhaler technique and provide extra instruction as necessary [5].

## Conclusion

A sizeable section of the population in Trinidad and Tobago suffers from asthma, which is a serious health concern. It is crucial to give good pMDI technique instruction priority in order to improve the quality of life for asthmatics in the nation. Healthcare professionals and advocacy organizations can have a significant impact on asthma management by ensuring that patients receive thorough training and continuing support. Education is a tool for changing lives, not just for the purpose of giving knowledge. It can mean the difference between a life where asthma is well-managed and no longer a hindrance to full engagement in society for asthmatics in Trinidad. Let's seize this chance to support asthma sufferers and lessen the burden of this chronic illness in our lovely Caribbean country.

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