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A Teach-to-Goal Inhaler Education Program at Medical Ward

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Introduction

According to the Global Initiative for Asthma and Chronic Obstructive Lung Disease (2017), the current treatment strategies recommend using inhalation route for medication administration as the treatment effect to pulmonary system is faster but fewer side effects compared with oral route. However, inhaler use requires complex steps to achieve an optimal use and medication delivery. Most patients cannot demonstrate the correct inhaler technique which may lead to frequent exacerbations, as a consequence, affect their quality of life and need to seek for medical care more frequently. In order to empower patients' self-management on inhaler use, a Teach-to-Goal inhaler education program was launched at a medical ward.

Objectives

1. To standardize the workflow of inhaler education for patients
2. To enhance the nursing knowledge and technique on inhaler education to patient
3. To strengthen patients' competency in proper usage of inhalers

Methodology

Four training sessions cover all nurses at the medical ward were conducted in June and July 2017. The training included theory input and a skill workshop required demonstration and return-demonstration by the participants. It was evaluated by Pre- and Post-Questionnaire, return-demonstration and clinical coaching. Moreover, an evidence-based workflow on inhaler education was established. It guided the mode of education, Teach-to-Goal Method and the contents of education. Also, a quick reference of inhalers classification was created to guide nurses and patients for following the correct sequence when using inhalers.

Result

After the training, the nurses' knowledge and skill on inhaler use was significantly improved. The mean score of Pre- and Post-Questionnaire increased from 5.7 to 10.1 out of 15. Furthermore, all nurses were able to use the inhalers devices and assistive aids properly during return-demonstrations.

When conducting patient education, nurses were 100% compliance on the workflow

and the steps with the checklists during clinical coaching.

Total 24 patients were educated by using Teach-to-Goal Method in July and August. From the patients' perspective, patients' inhaler skill was markedly improved as evidenced by the increasingly correct steps performed by patients from 61.5% to 90.3%.

Staff and patients were satisfied with the program with positive feedback.

Teach-to-Goal inhaler education program was successfully implemented in my ward. Provide comprehensive patient education on inhaler technique can not only empower patients' self-management of their own health, but also improve their quality of life. Provide specific inhaler education according to the patients' need can also build up a trust relationship between nurses and patients. Therefore, it is recommended to include Teach-to-Goal inhaler education to orientation program for new nurses.