



Service Priorities and Programmes
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Submitting author: Ms Oi Ling MOK

Post title: Registered Nurse, Pok Oi Hospital, NTWC

Puff Inhalation Education Program for COPD Patients

Mok OL, Chan TH, Fok PY, Hung WT, Kor PK, Wong KN, Wong WY, Kitty Woo, Lai YL, Dr. Cheung CF, Dr. Lau CL, Dr. Sin KM
Department of M&G, Pok Oi Hospital, NTWC

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Introduction

Chronic Obstructive Pulmonary Disease (COPD) is a chronic, progressive, airway disease characterized by airflow limitation; it comprises bronchitis and emphysema (Hong Kong Lung Foundation, 2010). However, poor puff inhalation technique is a major problem in managing COPD. A Puff Inhalation Education Program for COPD Patients (pilot project) has been developed to provide puff inhalation technique assessment and education to COPD patients in a medical ward.

Objectives

(1) To assess the puff inhalation technique of COPD patients (2) To provide education on proper puff inhalation to patients during hospitalization

Methodology

A “Puff Inhalation Training Team” with a group of ward nurses was formed in a male medical ward. The target group of this program was alert and orientated patients who needed puff inhalation therapy (OAH residents were excluded in this pilot project).

A pre- and post-education assessments regarding inhalation skill were used. Patient who demonstrated satisfactory puff technique in the pre-education assessment was allowed to have puff inhalation independently. For patient who failed in the puff technique assessment, individualized patient education was given by trainer at bedside. The content of education included (1) puff inhalation skill, (2) drug actions and side effects, (3) dosage and frequency, (4) storage of inhaler and (5) cleansing of inhaler. A tailor made training kit and education booklet were designed to facilitate patient education. For patient with fail or poor result in the post education assessment, follow up intervention would be done according to a planned workflow.

Result

During 3- month period, total 63 male patients were recruited in this program. In the pre-education assessment, only 70 % patients showed satisfactory inhalation technique. For those 30% patients who failed in the assessment, education regarding puff inhalation therapy was given, and then followed with a post education

assessment. Over 95% patients showed satisfactory inhalation technique and competence on puff inhalation therapy after education. Conclusion: This program helped nurses to identify patients with poor puff inhalation technique. With the aid of training kit and education booklet, a clear and systematic education on puff inhalation skill could be given. It helped to enhance patients' competency on puff inhalation therapy, and thus had better control on COPD. Reference: Hong Kong Lung Foundation. (2010). COPD Hong Kong (GOLD). Retrieved from http://www.hklf.org/HKLF/copdhk_copd_e.php on 20.1.2013.