

ASTHMA CONTROL. DOES EVERYTHING DEPEND ON THE ACTIVE SUBSTANCE?

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Background. According to the Global Initiative on Asthma (GINA) guidelines (1993-2020), in patients with bronchial asthma (BA) the preference should be given to the inhalation of the drugs. However, the incorrect technique of the inhalation is one of the risk factors of the unfavorable outcomes of BA and side effects appearance. 70-80 % of patients use their inhaler incorrectly, and 25 % of patients have never learned the correct technique of inhalations. *The aim.* To reveal the physician and patient factors, which influence inhalation success, and to find out the role of chosen device in treatment effectiveness. *Materials and methods.* Analysis of the available studies and publications on this topic. *Results and discussion.* Patient factors, which can influence the inhalation success, include cognitive abilities, physical abilities, lifestyle,

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personal preferences, anatomical peculiarities and airways condition, inspiratory flow. Physicians must teach the patients the inhalation technique and control the latter at the moment of primary inhaler administration, during BA control assessment and during transition to the higher level of therapy. Teaching can be based on 4C tactics: Choose, Check, Correct, and Confirm. In general, the ideal inhaler must be comfortable for the patient and adequate to his age and disease severity. It should not depend on inspiratory flow, it should generate an exact delivery dose, it must contain multidoses and include a dose counter, it must be safe for the environment, it must provide 100 % pulmonary deposition, it must be compact, cheap etc. However, at the moment there are no devices that correspond to all these criteria. For the physicians the most valuable advantages of the inhaler include simplicity of usage, effectiveness and the patient's satisfaction. For the patients, in turn, the most valuable advantages are simplicity of usage, dose counter and multidoses. Dry powder inhaler Easyhaler («Orion Pharma») is easy and comfortable to use, which approximates it to the ideal inhaler. The stable delivery of similar drug dose independently of patient's age, BA severity and peculiarities of device usage is the main advantage of Easyhaler. *Conclusions.* 1. Stability of BA course depends on the treatment adherence. 2. When choosing the therapy, the doctor must take the delivery device into account. 3. Easyhaler («Orion Pharma») is characterized by simplicity and comfort of usage. 4. Easyhaler provides stable and exact dose delivery of the active substance.

Key words: Easyhaler, adherence, asthma control, inhaler choice.