

# 7<sup>th</sup> International Chronic Obstructive Pulmonary Disease Conference

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### Appropriate use of inhaler devices

Inhalation is the preferred method for medication delivery in COPD and asthma. The choice of the respiratory tract as the drug delivery route over other routes (e.g. per OS or IV) offers not only better lung deposition of the medication but also less side effects. So, by using an inhaler device we can achieve optimal drug efficacy with lower medication doses and a more rapid onset of action. As COPD progresses, breathing becomes difficult as inspiratory capacity is reduced. This is even more perceptible during COPD exacerbations, when patients need even more efficient and fast acting medications. Aiming at the COPD symptoms' relief, all the available inhaler devices can achieve an optimal lung deposition, if they are used appropriately. The several inhaler devices that are available nowadays are divided in three main groups (metered dose inhalers, dry powder inhalers and soft mist inhalers), but even within groups there are many differences between the devices. These differences make each device unique for its use and properties. The optimal use of the inhalers is based on the understanding and the correct demonstration of their use, but also on the fitting to the patient's needs and preferences. The purpose of this presentation is the understanding of the mode of action of the available inhaler devices and the differences between them, the importance of the demonstration of their use to the patients and the matching of each inhaler to the specific needs of every patient.

### Biography

Marousa Kouvela is a private practice Pulmonologist. She completed her Residency at "Evangelismos" Hospital which is one of the largest general hospitals in Greece and achieved her speciality Board Degree in 2013. She has completed her Master of Science Degree in Thoracic Oncology. She has participated in many national and international scientific and educational seminars and published in national and international journals. Her special scientific interests are COPD, lung cancer and interventional pulmonology. She has worked as a Medical Manager Respiratory in Boehringer Ingelheim Ellas, Greece. She currently works as a Clinical Fellow at the Oncology Department of the General Hospital of Chest Diseases "Sotiria", University of Athens, Greece.

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