




# INHALER TRAINING

Vitalograph AIM





An objective tool for training and assessing inhaler technique to help ensure accurate drug delivery.



The **Global Initiative for Asthma (GINA)** acknowledge that inhalers should be prescribed only after patients have been trained to use them properly.<sup>1</sup> The **Global Initiative for Chronic Obstructive Lung Disease (GOLD)** state that it is essential to ensure that inhaler technique is correct and to re-check this at each visit and for each change of inhaler device.<sup>2</sup>

 <b>The Problem</b>	 <b>The Effects</b>	 <b>The Solution</b>
<p>Studies have found that up to <b>80%</b> of people don't use their inhaler correctly.<sup>3</sup></p>	<p>Inadequate control of Asthma and COPD</p> <ul style="list-style-type: none"> <li>• Symptoms don't alleviate</li> <li>• More exacerbations</li> <li>• Increased hospitalizations</li> <li>• Overuse of rescue medication</li> <li>• Lower quality of life</li> </ul>	<p><b>Vitalograph AIM™</b> (Aerosol Inhalation Monitor) is an effective tool for learning and mastering inhaler technique. It is the only device that offers visual feedback on the common errors of bad inhaler technique for both MDI and DPI.</p>

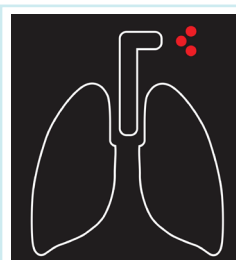
The **Vitalograph AIM** enables healthcare professionals to train patients to use their inhaler correctly. Unlike whistles and other inhaler trainers which only assesses peak inspiratory flow the unique AIM device provides clear feedback on the key stages of inhaler technique.

Common Inhaler Problems	Vitalograph AIM Solution
Coordination of inhaling and MDI actuation <sup>4,5</sup>	 Detects correct canister actuation during inhalation
Incorrect inspiratory flow rate for type of inhaler <sup>4,5</sup> ('slow and steady' for MDI vs 'fast and deep' for DPI)	 Guides user on correct flow rate.
Not inhaling long enough <sup>5</sup>	 Guides user on inhalation duration.
No (or short) breath holding after inhalation <sup>4,5</sup>	 Monitors breath hold duration.

*“During an inspiratory maneuver, peak inspiratory flow rate is not reached until after drug release, making acceleration and duration of inhalation as important as the peak value for drug delivery with dry powder inhalers”<sup>6</sup>*

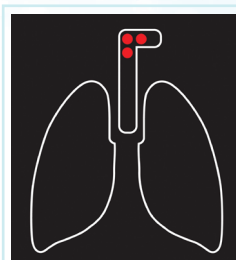
## Visual Reference of Lung Deposition

The **Vitalograph AIM** is an ideal tool to facilitate conversations around medication adherence to patients because it shows how far medication is inhaled into the lungs. The parts of the inhalation process which are difficult to observe by eye are highlighted and a visual reference of the drug delivery is displayed.



**MDI activation too early or no activation**

*Little or no drug administered*



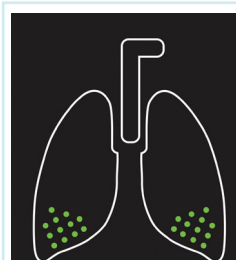
**Inhalation rate too fast**

*Drug caught in the mouth or throat*



**Inhalation time and/or breath hold time too short**

*Drug not deposited deeply into lungs reducing the efficacy of the drug*



**Correct**

- MDI activation
- Inhalation flow
- Inhalation time
- Breath Hold time

*Drug administered at full efficacy*

*“The AIM is a really useful means of training patients to use their inhalers properly, and should be an essential part of a respiratory clinician’s kit in the future if we are to improve compliance and concordance in our patients.”*

**Stephen Foster**

*Respiratory and Allergy Specialist Pharmacist | Pierremont Healthcare Limited*

## Customized Solutions and OEM Branding

We offer a range of custom DPI and MDI inhaler solutions.

**Contact us for further details.**



## Reimbursement (US Only)

Did you know that reimbursement is available for demonstration, training or evaluation of patient utilization of an inhaler? Using CPT code 94664 the AIM could bring you \$16 for every patient using an inhaler.

# Technical Specifications

**Product:** AIM (Aerosol Inhalation Monitor)

**Model:** 4500

**Power supply:** 4 x AAA 1.5V Batteries

**Weight:** Net: 260g (incl. batteries and tubing)

**Dimensions:** Net: 165mm x 133mm x 39.6mm

**Flow Accuracy:** Better than +/-5% or 5L/min

## Ordering information

Product Model Number	Customer Order Number	Product Description
4500	45710	AIM (Aerosol Inhalation Monitor) includes starter pack of 5 DPI Inhaler Simulators, 5 MDIs Inhaler Simulators and 1 HFA Placebo Aerosol

## Optional Extras

Product Model Number	Customer Order Number	Product Description	Product Box Size
4500	45610	Disposable DPI Inhaler Simulator	25
	45611	Disposable MDI Inhaler Simulator	25
	45027	HFA Placebo Aerosol	8

## References:

1. The 2021 Update of the Global Strategy For Asthma Management and Prevention ([www.ginasthma.org](http://www.ginasthma.org))
2. The 2021 Report - Global Strategy for the Diagnosis, Management, and Prevention of COPD ([www.goldcopd.org](http://www.goldcopd.org))
3. d'Ancona, G., & Weinman, J. (2021). Improving adherence in chronic airways disease: are we doing it wrongly? *Breathe* (Sheffield, England), 17(2), 210022. <https://doi.org/10.1183/20734735.0022-2021>
4. Plaza, Vicente et al. "Errors in the Use of Inhalers by Health Care Professionals: A Systematic Review." *The journal of allergy and clinical immunology. In practice* vol. 6,3 (2018): 987-995. doi:10.1016/j.jaip.2017.12.032
5. D. Price, S. Bosnic-Anticevich, A. Briggs, H. Chrystyn, C. Rand, G. Scheuch, J. Bousquet, Inhaler competence in asthma: Common errors, barriers to use and recommended solutions, *Respiratory Medicine*, Volume 107, Issue 1, 2013
6. Sohini Ghosh, Jill A. Ohar, and M. Bradley Drummond. *Journal of Aerosol Medicine and Pulmonary Drug Delivery*. Dec 2017.381-387.<http://doi.org/10.1089/jamp.2017.1416>

## Contact us

**Our trained customer service team are available for telephone support on sales, technical queries or information requests.**

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