



## Medicines management newsletter - October 2017

### Welcome to our fifth newsletter

#### This edition includes:

- ◇ Focus on inhaler devices
- ◇ Care at the Chemist

**Contacting the medicines management team:** when emailing your locality pharmacist/technician directly don't forget to use our nhs.net account. Please only send us brief details of the issues (no patient details) and we will telephone or visit to discuss.

#### Focus on inhalers:

There are many different types of inhaler devices. These include *pressurised metered-dose inhalers (MDI)*, *breath-actuated inhalers*, and *dry powder inhalers (DPI)*. *Spacer devices* can help certain patients because they remove the need to coordinate actuation with inhalation.

#### General points

- \* Patients should be instructed carefully on how to use their inhaler and it is important to periodically check that they are using it correctly because often poor inhaler technique is mistaken for a lack of response to the drug.
- \* Good inhaler technique and regular monitoring of technique is essential to ensure effective treatment and management of asthma or COPD.
- \* Consideration should always be given to whether a patient can use a particular device, for instance some devices require more co-ordination or manual dexterity than others.
- \* To avoid oral thrush and/or a sore throat after using a preventer inhaler that contains steroids make sure your patients are using the correct inhaler technique. Patients should be advised to brush their teeth, rinse their mouth or gargle and spit out, and have a drink of water after using the steroid inhaler. They should also be advised to use a spacer device.

#### Metered dose inhalers (MDI)

Uses a small canister with a mixture of the medicine and a gas or liquid that turns the medicine into a very fine spray as you press on the canister. The medicine is in a spray form. You need to breath in gently when inhaling.

To get the best result you should shake the inhaler before each puff so that the medicine mixes well before use.



## Cleaning your 'press and breathe' (MDI)

Follow the cleaning instructions that come in the box with your MDI. The most important thing to remember is to never wash the metal canister or put it in water - only wash the plastic parts.

1. Remove the metal canister from the plastic casing of the inhaler and remove the mouthpiece cover.
2. Rinse the plastic casing thoroughly under warm running water.
3. Dry the plastic casing thoroughly inside and out.

Put the metal canister into the plastic casing, test it by releasing a single puff into the air and replace the mouthpiece cover.

## Breath activated inhalers

These inhalers are activated by your breath so that when you breathe in normally through the mouthpiece, it releases medicine in a fine spray form. With this inhaler you don't have to push the canister to release a dose. Autohaler and Easi-breathe are examples of breath actuated MDIs. You need to shake these inhalers before each puff so that the medicine mixes well before use.



## Dry powder inhalers (DPI)

These inhalers release the medicine in a dry powder instead of a spray when you breathe in through the mouthpiece. You need to breathe in fairly hard to get the powder into your lungs. Examples of DPIs include Accuhalers, Clickhalers, Easyhalers, Novolizers, Turbohalers, Diskhalers and Twisthalers.



### Cleaning your dry powder inhaler:

1. Wipe the mouthpiece of your dry-powder inhaler with a dry cloth at least once a week.
2. Do NOT use water to wipe the dry powder inhaler because the powder is sensitive to moisture.



## Use and care of spacer devices

Clean the spacer before it is used for the first time and then about once a month. Carefully take the spacer apart so that each piece can be cleaned.

- Soak in warm water for about 15 minutes and gently clean using a detergent such as washing up liquid. Do not scrub the inside of the spacer as this may affect the way it works, it is ok to scrub the outside of the inhaler and the mouthpiece.
- Drying with a cloth or paper towel can result in electrostatic charge ('static') on the inside of the spacer, which make the medication stick to the sides, so leave it to air dry. When it is completely dry put the spacer back together ready for use.
- Don't worry if the spacer looks cloudy that does not mean it is dirty
- Wipe the mouthpiece clean of detergent before it is used again.
- A spacer should be replaced at least every year, especially if it is used daily, but it may need to be replaced sooner—check with the Pharmacist if unsure.



### References

1. [www.panmerseyapc.nhs.uk/safety/documents/S12.pdf](http://www.panmerseyapc.nhs.uk/safety/documents/S12.pdf)
2. [www.panmerseyapc.nhs.uk/formulary.html](http://www.panmerseyapc.nhs.uk/formulary.html)

**Further information may be obtained from:** Asthma UK, 18 Mansell Street, London, E1 8AA.  
Tel: (Advice line) 0300 222 5800 (Mon-Fri 9.00am– 5.00pm)  
Email [infor@asthma.org.uk](mailto:infor@asthma.org.uk)  
Web: [www.asthma.org.uk](http://www.asthma.org.uk)



## Care at the Chemist

The pharmacies listed below provide Care at the Chemist, a service where a range of common, everyday illnesses and ailments that are included in the scheme can be treated by the pharmacist without the need to see the doctor.

### Minor ailments that can be treated by Care at the Chemist.

- |                        |                       |                  |                        |
|------------------------|-----------------------|------------------|------------------------|
| - Athlete's foot       | - Cold sores          | - Conjunctivitis | - Constipation         |
| - Contact dermatitis   | - Coughs & colds      | - Cystitis       | - Diarrhoea            |
| - Dry eyes             | - Ear wax             | - Fever          | - Haemorrhoids (piles) |
| - Hayfever & allergies | - Head lice           | - Headache       | - Heartburn            |
| - Indigestion          | - Insect bites/stings | - Mouth ulcers   | - Nasal congestion     |
| - Pain                 | - Scabies             | - Sore throat    | - Sprains & strains    |
| - Threadworm           | - Toothache           | - Thrush         | - Warts and verrucas   |

**If symptoms persist or are more severe, advice from the GP must be sought.**

### South Sefton:

Pharmacy	Address	Telephone
• Alexanders Pharmacy	49-51 Stuart Road Crosby L23 0RY	0151 928 1457
• Cohen's Chemist	12-13 Marian Square Netherton L30 5QA	0151 525 9541
• Cohen's Chemist	17 Bridge Road Crosby L23 6SA	0151 924 3209
• Netherton Park Pharmacy	Gordon Youth Centre Brecon Avenue L30 1RF	0151 525 7706
• Higgins Pharmacy	77 Crosby Road North Waterloo L22 4QD	0151 920 6803
• Meadows Pharmacy	87-89 Liverpool Road Sth Maghull L31 7AD	0151 520 4000
• Davey's Chemist	69 Randall Drive Litherland L30 2PB	0151 476 0007
• Station Pharmacy	24 Station Road Maghull L31 3DB	0151 526 1805
• Crosby Road Pharmacy	59 Crosby Road North Crosby L22 4QD	0151 928 3169
• Superdrug	Strand Shopping Centre 36 & 38 The Esplanade New Strand Bootle L20 4SP	0151 922 2041

### Southport and Formby:

Pharmacy	Address	Telephone
• Bispham Road Pharmacy	94 Bispham Road Southport PR9 7DF	01704 506006
• Cambridge Road Pharmacy	137 Cambridge Road Churchtown PR9 7LT	01704 227065
• Fylde Road Pharmacy	117 Fylde Road Southport PR9 9XL	01704 509509
• Crossens Pharmacy	164 Rufford Road Crossens PR9 9HD	01704 229120
• Formby Health Rooms	Primary Health Care Plus Ltd 83 Liverpool Road Formby L37 6BU	01704 835500
• Hesketh Park Pharmacy	91 Queens Road Southport PR9 9JF	01704 538500
• St Marks Pharmacy	42 Derby Road Southport PR9 0TZ	01704 533369

**If you have any queries please contact the medicines management team on**

**0151 247 7146**

**Email us at: [SSCCG.Carehomereferral@nhs.net](mailto:SSCCG.Carehomereferral@nhs.net)**

