

PROGRAMME BOOK



# Pharmaceutical Society of Sri Lanka

*Pharmacy Research: Optimizing Patient Care  
in Non-Communicable Diseases”*

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## **Development and content validation of an educational tool for pharmacists to improve the quality of counselling on inhaler use for asthma**

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Pharmacists often miss important points when counselling patients on using inhalers. We aimed to develop and content validate a tool for pharmacists to improve their quality of counseling on asthma inhalers.

The Handy-GSP tool was limited to metered dose inhalers (MDI) and dry powder inhaler-rotahaler (DPI). Forced function and memory techniques like acronyms, grouping, flash cards, and imagery were used. The content which was prepared in-house, guided by published literature, was validated by two senior pharmacy academics and 10 pharmacy undergraduates who were independently interviewed for their opinion on completeness, accuracy, and clarity of the tool contents.

The Handy-GSP included a guide, sticker and poster. Handy-guide is a set of flash cards including step-by-step, acronym-based guideline on inhaler technique for MDIs and DPIs. Flash cards demonstrate the inhaler techniques, accompanied by illustrations. Acronyms, 'USE-PIn-WET' and 'TRUE-In-WET' were used for MDI and DPI respectively. Demonstration steps were grouped as 'preparation', 'initiation' and 'ending', distinguished by font colours. Handy-sticker, designed to be pasted on the dispensing counter, included steps for both inhalers on a single face, including illustrations, acronyms and grouping. Handy-poster was developed to motivate patients to receive counselling on inhaler use by pharmacists. Comments by experts and students were mainly on simplification of content and improvement of presentation which were incorporated.

A tool to assist pharmacist to improve the quality of counselling on inhaler technique was developed and content validated. The effectiveness of this tool will be assessed using a clinical trial.