

# South East London COPD Inhaler Pathway

## Notes on use:

- This pathway is intended to be advisory rather than mandatory. Its purpose is to support consistency and equity in care for people with COPD
- It has been adapted from the London COPD Inhaler Pathway which was developed by the London Respiratory Clinical Network and is aligned to the South East London formulary
- It is an interactive document with links to other relevant resources
- Use the [Adult asthma pathway \(link\)](#) if the patient has:
  - An active diagnosis of asthma, or
  - A past diagnosis of asthma (even with a significant smoking history), or
  - Fixed airflow obstruction likely secondary to chronically under-treated asthma

**Key:**  Low carbon footprint inhaler

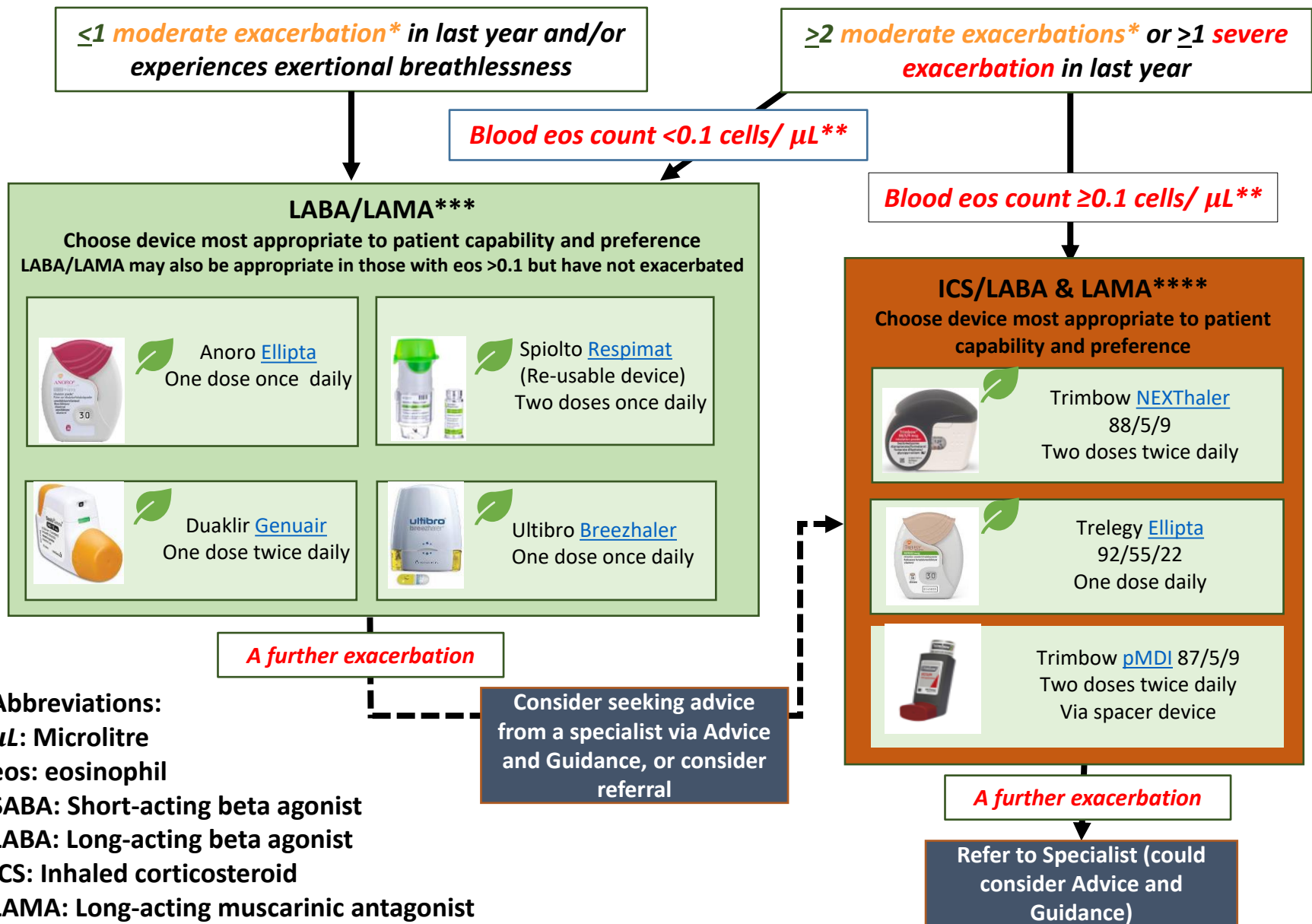
Approval Date: April 2024

Review Date: April 2026 (Or sooner if evidence or practice changes)

**Not to be used for commercial or marketing purposes. Strictly for use within the NHS**

# Inhaler pathway for adults with COPD

Initial therapy is chosen based on: frequency and severity\* of COPD exacerbations in the last year, and the highest recorded eosinophil count. A specialist can be contacted for advice via Advice and Guidance at any stage



Prescribe as required SABA. Choose one, preferably same device type to reduce risk of inhalation technique errors e.g. both as dry powder:

<p>Salbutamol <a href="#">Easyhaler</a> 100mcg</p>	OR	<p>Bricanyl <a href="#">Turbohaler</a> 500 mcg</p>	OR	<p>Ventolin <a href="#">Accuhaler</a> 200mcg</p>	OR	<p>Salamol <a href="#">Easi-breathe</a> 100mcg</p>	<p><b>All pMDIs should be used with a compatible <a href="#">spacer device</a>.</b></p> <p>Airomir or Salamol pMDI 100mcg via a spacer device: <a href="#">Single breath &amp; hold</a> Or <a href="#">Tidal breathing</a></p>	<p><a href="#">EasyChamber</a> with adult mask</p> <p><a href="#">EasyChamber</a> (mouthpiece)</p>	<p><a href="#">AeroChamber Plus</a> with adult mask</p> <p><a href="#">AeroChamber Plus</a> (mouthpiece)</p>
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\*A moderate exacerbation is one that required a course of systemic steroids; a severe exacerbation requires hospitalisation

\*\* Peak eos count taken within the last year; in some circumstances peak lifetime eos count may be more appropriate

\*\*\*There may be situations where a single bronchodilator is more appropriate

\*\*\*\* Off-label as initial treatment but may be clinically appropriate

— — ➔ Assess each patient's likely benefit/risk from an ICS. It may be appropriate to use a LABA/LAMA if they have a history of mycobacterial infection or recurrent pneumonia (two or more episodes of pneumonia in adulthood).

**Always** check inhaler technique and adherence, discuss co-morbidities, refer to Pulmonary Rehabilitation where appropriate and treat tobacco dependence **before** considering a change to inhaler treatment (see [GOLD Report 2024](#) for more information)

*This list is not exhaustive but offers an evidence-based selection of devices suitable for most patients (SEL-approved inhalers can be found on the [SEL Joint Formulary](#)). If none of these preparations are suitable for your patient, please consider seeking specialist advice. Use of preparations not on this list should be under specialist supervision only.*

# Supporting resources

## Inhaler use & technique

- <https://www.rightbreathe.com>
- <https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers/>
- [How to use a spacer with single breath](#)
- [How to use a spacer with a mask for an adult](#)
- [How to use a spacer with tidal breathing](#)
- [Cleaning your spacer](#)

## Shared decision making NHSE

- <https://www.england.nhs.uk/shared-decision-making/>

## GOLD Global strategy for prevention, diagnosis and management of COPD

- [2023 GOLD Report - Global Initiative for Chronic Obstructive Lung Disease - GOLD \(goldcopd.org\)](https://goldcopd.org)

## PCRS review of GOLD:

- <https://www.pcrs-uk.org/sites/default/files/2022-December-PCRU-GOLD2023-revised.pdf>

## Sustainability:

- <https://www.youtube.com/watch?v=LPLfj0Jvvtw>
- <https://www.greenerpractice.co.uk>
- <https://greeninhaler.org>
- [High inhaler resistance does not limit successful inspiratory maneuver among patients with asthma or COPD \(tandfonline.com\)](#)
- <https://www.nice.org.uk/guidance/ng80/resources/inhalers-for-asthma-patient-decision-aid-pdf-6727144573>