

Handihaler® Fact Sheet

Spiriva® (tiotropium bromide inhalation powder) is a once a day long-term medication intended for the use for patients with chronic obstructive pulmonary disease (COPD). Tiotropium bromide is a maintenance medication which reduces flare-ups and the worsening of COPD symptoms.

Generic Name: Tiotropium bromide

Brand Name: Spiriva®

Dosage Administration and Strength

- One Spiriva® Handihaler® capsule: delivers 18 mcg of tiotropium bromide

Indications

- Treatment of bronchospasm associated with COPD
- Chronic bronchitis
- Emphysema

Contraindications

- Patients who are hypersensitivity to tiotropium or ipratropium
- Spiriva® should not be used to treat sudden shortness of breath

Side effects

- Urticaria (hives), angioedema (swelling under the skin), and rash
- Bronchospasm, anaphylaxis, and itching
- Urinary retention and renal impairment
- Dry mouth, sinus infection, sore throat, chest pain, indigestion, constipation, runny nose, blurred vision, increased heart rate, and upper respiratory tract infection

Cleaning Instructions

- Open the duct cap and mouthpiece and tap out any visual powder
- Rinse the Handihaler® under warm water
- Do not use any cleaning agents or detergents
- Tap the Handihaler® to remove any excess water and air dry for 24 hours before use
- If needed, a clean damp cloth may be used to clean the outside of the mouthpiece
- Store capsules in a dry place and away from heat or cold. Do not put capsules in the freezer.

References

1. Boehringer Ingelheim Pharmaceuticals, Inc." *How to Use Your HandiHaler*" 2014; Retrieved from www.Spiriva.com



Patient Name: _____
 Patient ID: _____
 Evaluator Initials: _____
 Date: ___/___/___

SPIRIVA® HANDIHALER® INHALATION TECHNIQUE CHECKLIST

***Trained assessor to read to participant: Please show me exactly* how you use your MDI/Spacer at home
 *If using actual medicine (not placebo) the patient should mimic use (i.e. do not take repeated doses)***

	Pre		Post 1		Post 2		Post 3	
	Wrong	Correct	Wrong	Correct	Wrong	Correct	Wrong	Correct
1. Peels back foil and removes 1 capsule	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
2. Opens the dust cap by pulling it upward	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
3. Opens the mouthpiece	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
4. Places the capsule in the center chamber	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
5. Closes the mouthpiece firmly until it clicks	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
6. Holds the inhaler with the mouthpiece facing up	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
7. Presses the piercing button completely 1 time	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
8. Breathes OUT fully	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
9. When breathing out fully (step #8), does so away from the inhaler	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
10. Puts inhaler into mouth, closes lips around mouthpiece	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
11. Breathes in QUICKLY	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
12. Holds breath for at least 10 seconds (with or without inhaler in mouth)	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
13. To make sure you got the full dose, repeats steps #10-12	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
14. Disposes of the used capsule (without holding in their hands)	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
15. Closes device	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
Participant's Score:	___/15		___/15		___/15		___/15	
	[] N/A		[] N/A		[] N/A		[] N/A	

Score the participant's performance by assigning 1 point to each correct step and adding across the 15 steps. If score is less than 15, demonstrate to the participant appropriate technique and repeat inhaler assessment.

Comments: _____