

Guidance for new or changing Inhaled Therapies: COPD




- Only change inhalers if clinically appropriate after a review.
- Prescribe inhalers by brand (except salbutamol pMDI).
- Use combination inhalers where appropriate.
- Check inhaler technique, inspiratory flow rate and adherence.

Consider:

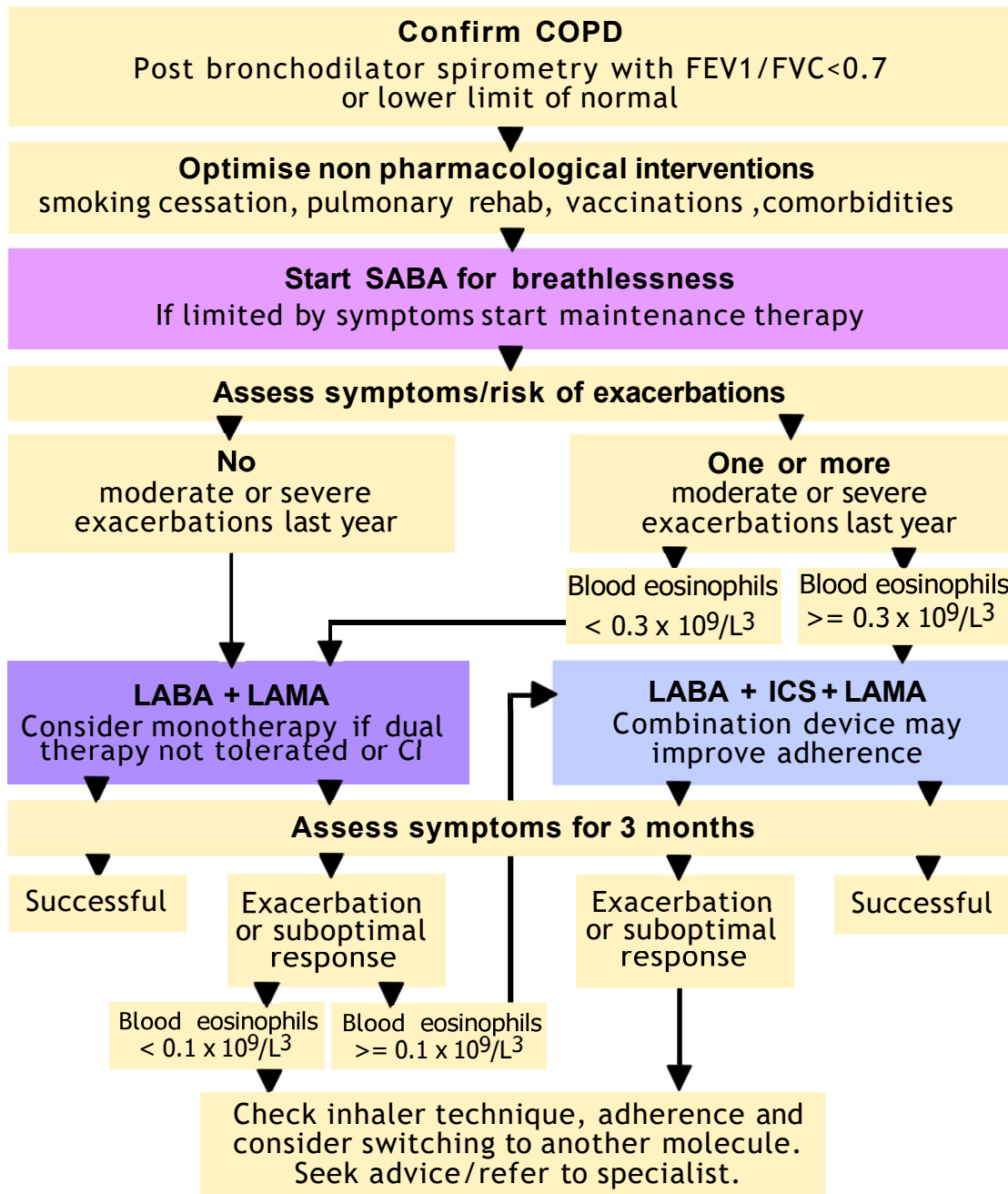
- Review symptoms (CAT score, mMRC)
- Smoking cessation advice
- Refer to pulmonary rehabilitation
- Lifestyle - exercise and diet
- Vaccinations
- Self management advice/plan
- Co-morbidities - e.g. cardiovascular risk stratification
- Anticipatory Care Plans
- Oxygen therapy
- Environmental impact of the inhaler

Abbreviations

- **SABA** - Short Acting Beta 2 Agonist
- **ICS** - Inhaled Corticosteroid
- **LABA** - Long Acting Beta 2 Agonist
- **LAMA** - Long-Acting Muscarinic Antagonist
- **DPI** - Dry Powder Inhaler
- **pMDI** - Pressurised Metered Dose Inhaler

Inhaler expiry dates	Once open
 Salbutamol Easyhaler DPI	6 months
 Bricanyl Turbohaler DPI	Date on inhaler
 Salbutamol 100mcg pMDI	Date on inhaler
 Anoro Ellipta DPI	6 weeks
 Bevespi Aeroshere pMDI	3 months
 Spiolto Respimat Soft Mist	3 months
 Trelegy Ellipta DPI	6 weeks
 Trimbow NEXThaler DPI	6 weeks
 Trixeo Aeroshere pMDI	3 months
 Trimbow pMDI	4 months (from dispensing)

Pathway



Inspiratory flow rate

Hard & fast Dry Powder Inhaler	Slow & steady Pressurised Metered Dose Inhaler
SABA (continue with all other additional therapy)	
Salbutamol Easyhaler® +spacer 100mcg 1-2 dose up to x4 a day 	Salbutamol + spacer 100mcg 1-2 dose up to x4 a day 
Bricanyl Turbohaler® 500mcg (Terbutaline) 1 dose up to x4 a day 	
LABA + LAMA	
Anoro Ellipta® 55/22mcg (Umeclidinium/Vilanterol) 1 dose x1 a day 	Spiolto Respimat® 2.5/2.5mcg (Tiotropium/Olodaterol) 2 doses x1 a day 
	Bevespi® + spacer 7.2/5mcg (glycopyrronium/formoterol) 2 doses x2 a day 
ICS + LABA + LAMA	
Trelegy Ellipta® 92/55/22mcg (Fluticasone fuorate/ Umeclidinium/Vilanterol) 1 dose x1 a day 	Trimbow® + spacer 87/5/9mcg (Beclometasone/Formoterol Glycopyrronium) 2 doses x2 a day 
Trimbow NEXThaler® 87/5/9mcg (Beclometasone/Formoterol/ Glycopyrronium) 2 doses x2 a day 	Trixeo Aerosphere + spacer 5/7.2/160 mcg (Formoterol/Budesonide Glycopyrronium) 2 doses x2 a day 