

Inhaler images – photography tips from a clinical perspective

| Core element | Tips | Rationale |
|--------------------------|--|--|
| Colour of inhaler | <p>Brown, orange, red ideally</p> <p>Other colours ok</p> <p>Definitely not blue</p> | <p>Blue inhalers are for rescue use in asthma, they relieve symptoms but they do not treat asthma itself.</p> <p>We have a problem with overreliance on blue inhalers and with preventer inhalers not being used leading to poor asthma control and increased risk of asthma attacks.</p> |
| Spacers | <p>Consider the age/ability of the user</p> <p>Spacers with masks for children <4/5 yrs and some people with physical disabilities</p> <p>Spacers without masks for anyone else</p> <p>There are many different spacer devices, all good. The best spacer device is the one that gets used.</p> | <p>Masks are only needed if the user cannot hold the spacer mouthpiece in their mouth, seal their lips around it and breathe in and out reproducibly. Once a developing child can do this, they should use a spacer without a mask. This will increase deposition on medicine in the lungs and reduce deposition of medicine in the mouth and throat.</p> <p>Spacers must be used by children who are prescribed pressurised Metered Dose Inhalers (pMDIs, puffers, press & breath inhalers) but they are also highly advantageous for adults who use pMDI inhalers because more medicine gets to the lungs meaning better disease control and reduced side effects.</p> |
| Inhalers without spacers | <p>Images should portray the person using the inhaler as follows:</p> <ul style="list-style-type: none"> • standing or sitting up • holding the inhaler upright • chin tilted slightly up • lips sealed around the mouthpiece | <p>There are many different types of inhalers, each one prescribed by a healthcare professional on a basis of individual need.</p> <p>Each inhaler is activated differently and users will need to be shown how to do this by a trained healthcare professional.</p> <p>Dry powder inhalers and some aerosol inhalers cannot be used with a spacer device.</p> |