

1.22 How inhaler technique is assessed in children and young people: a scoping review

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Current guidelines recommend that all asthma review appointments must include an assessment of inhaler technique. However, most guidelines do not provide information on how the healthcare professional should conduct this assessment. The aim of this scoping review was to explore the published literature on methods used to assess inhaler technique.

We searched Medline, Embase, Cinahl and the Cochrane library for studies published from 1st January 1956 to 1st February 2022, on methods of assessing inhaler technique in children and young people with asthma. Two reviewers completed screening and data extraction independently.

Sixty-six papers were identified for full text analysis. Primary themes included assessment through both subjective measures including checklists or global scoring and objective measures including inspiratory flow and drug deposition. Secondary themes included observer variability, validation of checklists, impact on asthma outcomes and remote assessments. A consultation exercise with a parent group provided valuable insights and allowed us to map their experiences to the overarching themes. This scoping review provides a broad overview of currently used methods to assess inhaler technique in children and young people with asthma. The analysis of which will allow us to consider how these methods might be used in clinical practice and research settings.

Conflict of Interest: None to declare