

Common Mistakes Often Make Inhalers Ineffective for Children

Many kids who are prescribed inhalers for asthma don't know how to use them correctly

National Jewish Health

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NEWS PACKAGE



SUGGESTED TEASE	<p>STILL TO COME, IT MAY SEEM LIKE SECOND-NATURE, BUT A SURPRISING NUMBER OF CHILDREN WHO RELY ON INHALERS FOR THEIR ASTHMA ARE USING THEM INCORRECTLY.</p> <p>TIPS TO HELP CORRECT THE PROBLEM, NEXT IN HEALTH NEWS.</p>
ANCHOR LEAD	<p>NEARLY SIX-AND-A-HALF MILLION CHILDREN IN THE UNITED STATES SUFFER FROM ASTHMA¹, AND MOST USE AN INHALER TO HELP KEEP THEIR AIRWAYS OPEN.</p> <p>BUT EXPERTS SAY MOST CHILDREN MAKE <i>MISTAKES</i> WHEN USING AN INHALER AND IT CAN DRAMATICALLY AFFECT HOW WELL THEIR MEDICATION WORKS.</p> <p>CLARK POWELL HAS TIPS FROM THE EXPERTS ON HOW KIDS CAN GET THE MOST OUT OF THEIR INHALER.</p>
(PACKAGE START) -----	
CG: Courtesy: National Jewish Health	(Nats - Amanda using inhaler) :02
Shots of Amanda using inhaler	<p>10-YEAR-OLD AMANDA GRABEL'S (GRAY-bull) ASTHMA HAD GOTTEN SO SEVERE THAT IT WAS LIFE-THREATENING.</p> <p>DESPERATE FOR A SOLUTION, HER PARENTS TOOK HER TO SEVERAL DOCTORS WHO KEPT WRITING MORE AND MORE PRESCRIPTIONS. :09</p>
CG: Amanda Grabel Has asthma	"It was very frustrating and they just kept throwing more medicine and none of it, and none of it helped. :07
CG: Rori Grabel Daughter has asthma	"She was afraid to go to sleep at night because she was afraid she was going to die." :04
Shots of Dr. Lanser	<p>FINALLY, THE GRABELS CAME TO DOCTOR B.J. LANSER - A SPECIALIST AT NATIONAL JEWISH</p>

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<p>Shots of Amanda using inhaler</p>	<p>HEALTH IN DENVER WHO HAD A SIMPLE SOLUTION. IT TURNS OUT, AMANDA HAD THE RIGHT MEDICINE, SHE WAS JUST TAKING IT WRONG. :10</p>
<p>CG: BJ Lanser, MD National Jewish Health</p>	<p>“We see children who just don’t know how to use it at all, and so they take breaths in a totally different way that doesn’t help get it into the lungs, which is where the medicine needs to go.” :10</p>
<p>Shots of Dr. Lanser with patient</p>	<p>IN FACT, DR. LANSER SAYS MOST CHILDREN HE SEES USE INHALERS INCORRECTLY. HE SAYS THE BIGGEST MISTAKE IS NOT USING A SPACER. WITHOUT IT ABOUT 80 PERCENT OF THE MEDICINE SETTLES IN THE MOUTH AND NEVER GETS INTO THE LUNGS.</p>
<p>Shots of Dr. Lanser with patient using spacer</p>	<p>DR. LANSER ALSO SAYS MANY CHILDREN DON’T REALIZE THAT <i>EXHALING</i> IS JUST AS IMPORTANT AS INHALING. :17</p>
<p>Dr. Lanser (CG’d earlier)</p>	<p>“Take some normal breaths and then a big deep breath to fully exhale so that you then have empty lungs to take a nice big, deep breath to get all the medicine deep into the lungs.” :10</p>
<p>Graphic: Correct Inhaler Positioning -Stand up straight -Head neutral, not tipped back -Aim at the back of the throat -Close lips tightly around the inhaler</p>	<p>OTHER COMMON MISTAKES INVOLVE HOW THE INHALER IS POSITIONED. DR. LANSER SAYS KIDS SHOULD STAND UP STRAIGHT WHEN USING INHALERS WITH THEIR HEAD IN A NEUTRAL POSITION -NOT TIPPED BACK. AIM THE INHALER AT THE BACK OF THE THROAT AND CLOSE THE LIPS TIGHTLY AROUND THE MOUTHPIECE TO KEEP MEDICATION FROM ESCAPING. AFTER LEARNING THE PROPER TECHNIQUE, AND PRACTICING IT, AMANDA PERFECTED HER INHALER USE, AND IS BACK TO BEING HERSELF :20</p>
<p>Shots of Amanda running with her dad</p> <p>Amanda Grabel (CG’d earlier)</p>	<p>“I don’t have to worry about everything, and I’m just...I feel like I don’t have asthma anymore. I do, but it feels like I don’t.” :08</p>
<p>Shots of Amanda with her family</p> <p>(PACKAGE END) -----</p>	<p>AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>FOR A LIST OF TIPS² THAT WILL HELP YOUR CHILD LEARN TO USE THEIR INHALER PROPERLY, GO TO NATIONAL JEWISH HEALTH.ORG</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Up to 90% of kids who have inhalers for asthma use them wrong. Doctors @NJHealth offer tips: bit.ly/2cx2ilU</p> <p>If your child uses an inhaler for asthma, chances are they're making mistakes when using it, which can prevent the medication from working properly. Experts at National Jewish Health say a majority of those who have inhalers aren't using them properly. Doctors offer some simple tips that will have kids and their parents breathing easier. http://bit.ly/2cx2ilU</p>
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EXTRA BITES

<p>CG: BJ Lanser, MD National Jewish Health</p> <p>CG: Amanda Grabel Has Asthma</p>	<p><i>Dr. Lanser says proper use can prevent overmedicating -</i> “If their asthma is being very difficult to control or has changed, you know to take that step back and go to the doctor and make sure that the technique is good before necessarily adding a bunch of new medicines or jumping way up to the highest dose.”</p> <p><i>Dr. Lanser says patients think they're using inhaler right -</i> “Someone like Amanda, in particular, she was trying, right? She was using her medicine twice a day, every day, she was taking it, she was trying. She just wasn't getting it where it needed to go.”</p> <p><i>Dr. Lanser says more meds leads to more side effects -</i> “If we can use the right medicine at the lowest dose possible and be effective with how we're using it, that certainly can prevent some of the side effects as well.”</p> <p><i>Dr. Lanser expressed how great Amanda's results are -</i> “It was amazing to see someone like Amanda who had such severe exacerbations, was in the hospital and was told by doctors that she was going to die if she didn't get her asthma under control.”</p> <hr/> <p><i>Amanda says she doesn't worry about asthma anymore -</i> “Because I don't have to worry about any of this because I know it's under control, I know my medicine gets down there because I'm taking it properly.”</p> <p><i>Amanda describes an attack that sent her to the ER -</i> “I just couldn't breathe, my face turned blue, and I was gasping for breath and Iand so my dad called 911 and my mom was packing me a bag and holding my hand and I was just, I was terrified.”</p>
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CG: Rori Grabel
Daughter has asthma

Rori describes how the staff worked with Amanda on technique -

“Everyday they watched her take it. They wanted her to take it every morning and every evening or afternoon before we left, they corrected her technique, and they made her do it again and again and again.”

Rori says how much Amanda has improved with proper inhaler use -

It's like we have a new Amanda, who's just joyful and happy and loving and she can fully engage now.

References

¹*Most recent asthma data*, **Centers for Disease Control and Prevention**. April, 2016, Retrieved from: http://www.cdc.gov/asthma/most_recent_data.htm

²*Top 10 Inhaler Mistakes*, **National Jewish Health**, Retrieved from: https://www.nationaljewish.org/NJH/media/pdf/R9_May-Infographic.pdf

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