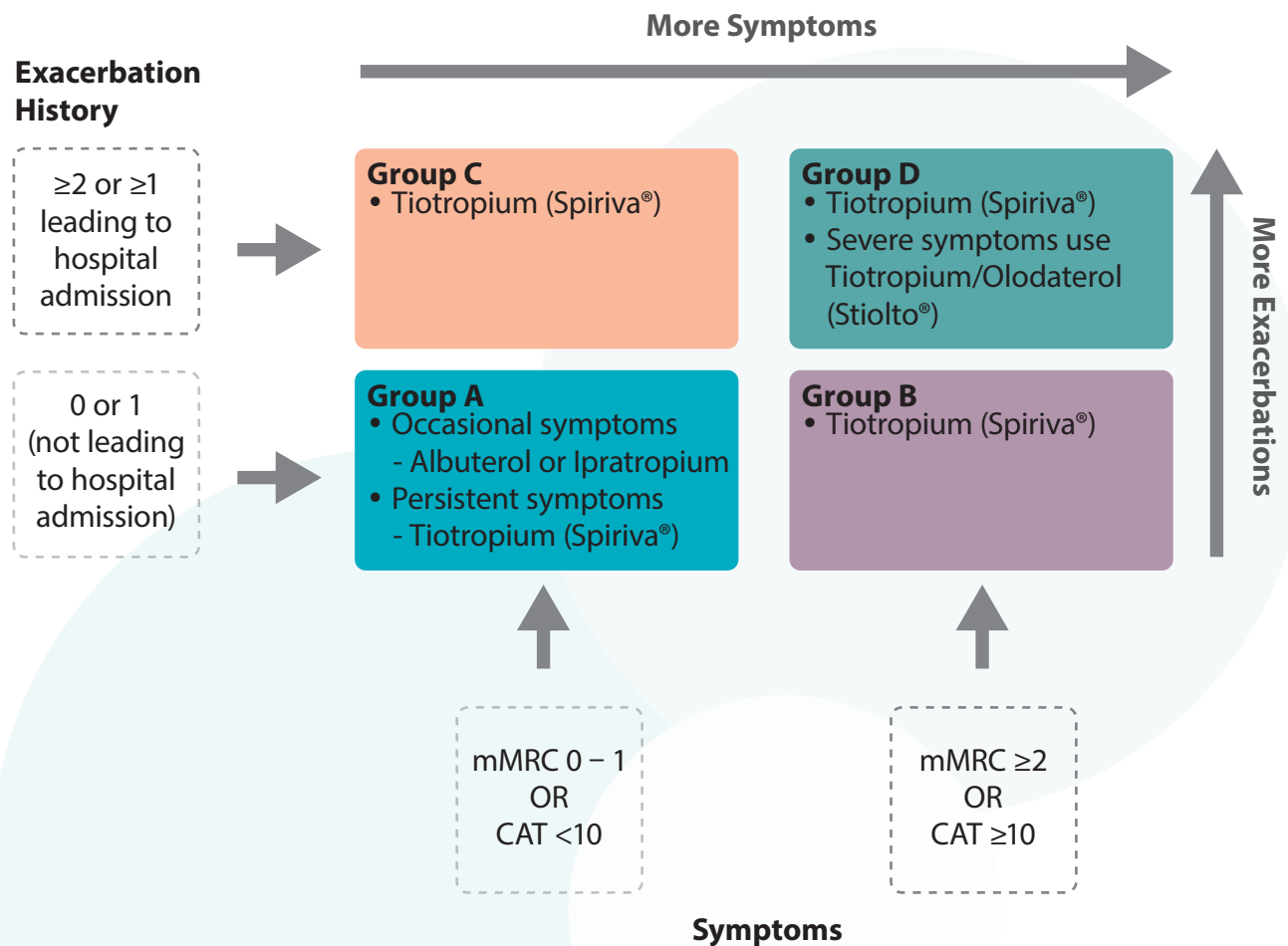


Optimal Selection of Cost-Effective Inhalers for Stable COPD

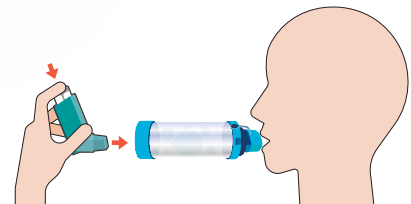
Initial Therapy



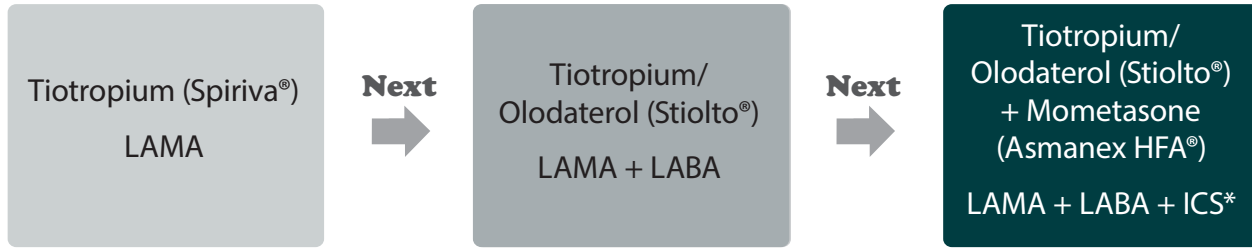
CAT = COPD Assessment Test; mMRC = Modified Medical Research Council Breathlessness Scale. Exacerbation history is the number of exacerbations in the past year.

Ensure Patient Adherence Before Changing Therapy

- Provide instructions and demonstrate proper technique when prescribing an inhaler device.
- Spacers improve drug delivery when used with metered-dose inhalers (MDI).
- Inhaler technique and adherence to therapy should be assessed before considering dose adjustments and/or changing therapy. (Links to VA Instructional Videos for using inhalers in the Veteran Health Library (<https://www.veteranshealthlibrary.va.gov/>): **Combivent RespiMat, Pressurized Metered-Dose Inhaler, HandiHaler, Mometasone Twisthaler, How to Use a Nebulizer**).



If the Veteran is using the inhaler properly but continues to have symptoms or exacerbations:



*Could also consider for LAMA + LABA + ICS: Tiotropium (Spiriva®) and Formoterol/Budesonide (Symbicort®).



Using a combination inhaler improves patient adherence and is more cost-effective than using two separate inhalers.

What if the Patient is Not on a Recommended Regimen?

Considerations for optimizing existing inhaler regimens for patients with COPD

1	2	3	4
Patient with stable COPD and no asthma taking LABA/ICS	Patient with stable COPD and no asthma taking LAMA + LABA + ICS and no exacerbations >12 months	Patient with stable COPD, no asthma, taking separate inhalers of LAMA and LABA	Patient with stable COPD and has asthma and taking non-formulary LABA/ICS
Consider taper off ICS	Consider taper off ICS	Consider switching to a combination product	Consider switching to formulary LABA/ICS inhaler
Start LAMA/LABA combination inhaler, first-line is Tiotropium/Olodaterol (Stiolto®)	Continue LAMA + LABA combination inhaler, first-line is Tiotropium/Olodaterol (Stiolto®)	Combination LAMA/LABA first-line is Tiotropium/Olodaterol (Stiolto®)	Use Formoterol/Budesonide (Symbicort®) first-line and Salmeterol/Fluticasone (Wilexa® or Advair®) second-line

When to Switch to a Different Drug in the Same Class vs Switching to a Different Class?

