



- Abstract Titel** : The role of learning theories in inhaler technique education in patients with asthma or COPD: a systematic review
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- Achtergrond abstract** : Inhaled medication is the main treatment for asthma and Chronic Obstructive Pulmonary Disease (COPD). Adequate inhaler technique is crucial to maximise the benefits of inhaled medication. However, inhaler technique errors are common. Research shows that 60 to 85% of patients do not use their inhalers correctly. Poor inhaler technique has been associated with decreased disease control, quality of life, increased exacerbations, and hospitalisations.
- Inhaler technique education is essential in improving inhaler technique and its importance has been recognised. The optimal education method, however, is still unknown. Studies assessing and comparing the effectiveness of different instruction methods are scarce. In addition, research regarding the theoretical basis of this education is lacking. Therefore, studies addressing the role of learning theories in inhaler technique education are needed. This unique project addresses the role of learning theories in inhaler technique education. Inhaler technique can be considered as a motor skill, and traditional learning theories of motor skills might be applied to improve learning this skill. Also, psychological and educational theories might help to improve quality of the education and subsequently, to enhance the inhaler technique in patients. The aim of this study is to reveal and summarise useful theories for the development of the most optimal method of inhaler technique education.
- Methodes** : Databases that will be used are PubMed, PsycInfo, ERIC and Cinahl. Textbooks also will be considered. Inclusion criteria are: studies which apply theories to teaching (medical) motor skills in patients, children aged 6 years and older and adults. Studies in English, Dutch and German will be included. There is no restriction regarding the date of publication. Patients with inborn cognitive disabilities will be excluded.
- Resultaten (bij 'opzet van onderzoek' n.v.t.)** : In January we will present an overview of the theories.
- Conclusie** : This study aims to reveal and apply theories behind the education of inhaler technique in order to optimise the inhaler technique education of asthma and COPD patients. We would like to have input regarding the applicability of the theories in clinical practice.
- Belangenverstrengeling** : There is no conflict of interest.