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# Newsletter IRW study



## An update from the IRW-team!

**Dear reader,**

This is the first IRW newsletter! The IRW study consists of patient interviews, a literature review and focus groups with professionals. The results should lead to a new inhaler instruction method. This is important because too many patients have a incorrect inhaler technique which leads to poor outcomes. This new method will be device independent. The study is performed in the Netherlands, Spain and Greece.

### Patient interviews

The interviews in the Netherlands are finalized. We have interviewed over 50 asthma and COPD patients! We have discussed their experiences with the inhaler instructions and received relevant information. Interviews are now executed in Spain and Greece.

### Literature review study

Psychology student Kim Burger is evaluating scientific literature and educational handbooks to find the best ways to instruct people in general. Did you know that processing visual information and text at the same time is difficult for most people? While many instruction video's contain also textual information...

### What is the opinion of professionals?

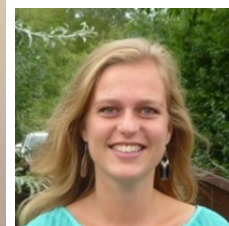
Assisted by 2 medical students Vera and Hester, focus groups will be initiated with health care professionals. We want to

learn from physicians, nurses, pharmacists and other professionals who are involved in teaching inhaler technique to patients. What do they face in clinical practice?

### What can we learn from patients with correct inhaler technique?

Medical student Marije is analyzing characteristics from patients with correct technique. Are they different from patients with incorrect technique? Moreover, she will interview 13 asthma and COPD patients with good technique to learn from them.

### Our current IRW-students:

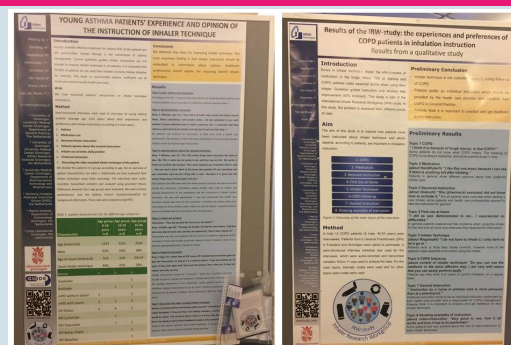


From left to right: Vera Otermann,  
Marije Lieshout and Hester Hoving

Kim Burger

## Dissemination of our results

Warner Postma (former medical student) and Esther Metting (project leader) have presented preliminary results from the patients Interviews with young asthma patients and COPD patients under 65 years at the Dutch Lung Foundation conference last April, see picture. And these results were also presented by Esther at the International Primary Care Respiratory Society conference in May in Amsterdam.



**For more information: please visit our website at [www.irwstudy.com](http://www.irwstudy.com)  
or send an email to [e.i.metting@umcg.nl](mailto:e.i.metting@umcg.nl)**