

## *Inhaler images – photography tips from a clinical perspective*

<b>Core element</b>	<b>Tips</b>	<b>Rationale</b>
Colour of inhaler	<p>Brown, orange, red ideally</p> <p>Other colours ok</p> <p>Definitely not blue</p>	<p>Blue inhalers are for rescue use in asthma, they relieve symptoms but they do not treat asthma itself.</p> <p>We have a problem with overreliance on blue inhalers and with preventer inhalers not being used leading to poor asthma control and increased risk of asthma attacks.</p>
Spacers	<p>Consider the age/ability of the user</p> <p>Spacers with masks for children &lt;4/5 yrs and some people with physical disabilities</p> <p>Spacers without masks for anyone else</p> <p>There are many different spacer devices, all good. The best spacer device is the one that gets used.</p> <p>Images should portray the person using the spacer as follows:</p> <ul style="list-style-type: none"> <li>• standing or sitting upright if possible (child may be lying down)</li> <li>• chin tilted slightly up if possible (ideally any person using a spacer/mouthpiece)</li> <li>• lips sealed around the mouthpiece or mask making a tight seal to the face</li> </ul>	<p>Masks are only needed if the user cannot hold the spacer mouthpiece in their mouth, seal their lips around it and breathe in and out reproducibly.</p> <p>Once a developing child can do this, they should use a spacer without a mask. This will increase deposition on medicine in the lungs and reduce deposition of medicine in the mouth and throat.</p> <p>Spacers must be used by children who are prescribed pressurised Metered Dose Inhalers (pMDIs, puffers, press &amp; breath inhalers) but they are also highly advantageous for adults who use pMDI inhalers because more medicine gets to the lungs meaning better disease control and reduced side effects.</p>

<p>Inhalers without spacers</p>	<p>Images should portray the person using the inhaler as follows:</p> <ul style="list-style-type: none"> <li>• standing or sitting up</li> <li>• holding the inhaler upright</li> <li>• chin tilted slightly up</li> <li>• lips sealed around the mouthpiece</li> </ul>	<p>There are many different types of inhalers, each one prescribed by a healthcare professional on a basis of individual need.</p> <p>Each inhaler is activated differently and users will need to be shown how to do this by a trained healthcare professional.</p> <p>Dry powder inhalers and some aerosol inhalers cannot be used with a spacer device.</p>
<p>Basic photography tips</p>	<ul style="list-style-type: none"> <li>• Plain background</li> <li>• Plain clothing</li> <li>• Landscape orientation</li> </ul>	<p>Most current mobile phone cameras are capable of capturing high quality images</p>