

Allergy & Asthma Network News



COVID-19 Coping Strategies

- Videos with Dr. Gia Rosenblum
- Allergyasthmanetwork.org - News



Need asthma coaching during COVID-19?

- Network has telehealth asthma coaching available
- More info at <https://allergyasthmanetwork.org/telehealth-for-asthma-allergies/>



July Webinar – 7/23 – 4:00 PM

- Coordinating Allergy Care Through the Life Span
- Dr. Kelly Maples



More information at allergyasthmanetwork.org



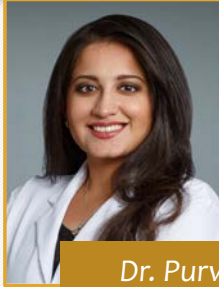
COVID-19 & Respiratory Tools: How to Access, Use and Clean Inhalers, Nebulizers & More



Dr. Purvi Parikh
Tonya Winders



Our Speakers



Dr. Purvi Parikh

Clinical Assistant Professor of Medicine NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill

National Spokesperson, Allergy & Asthma Network



Tonya Winders

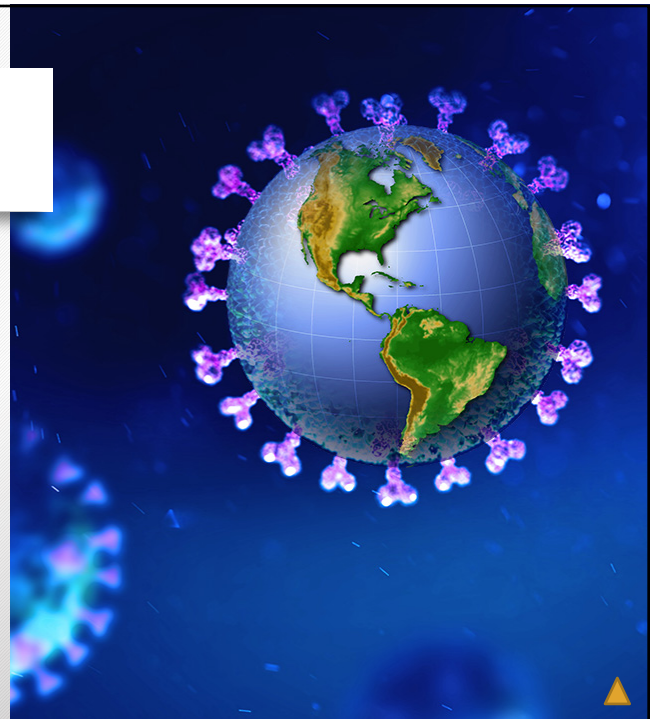
President & CEO, Allergy & Asthma Network


President, Global Allergy & Airways Patient Platform



Outline

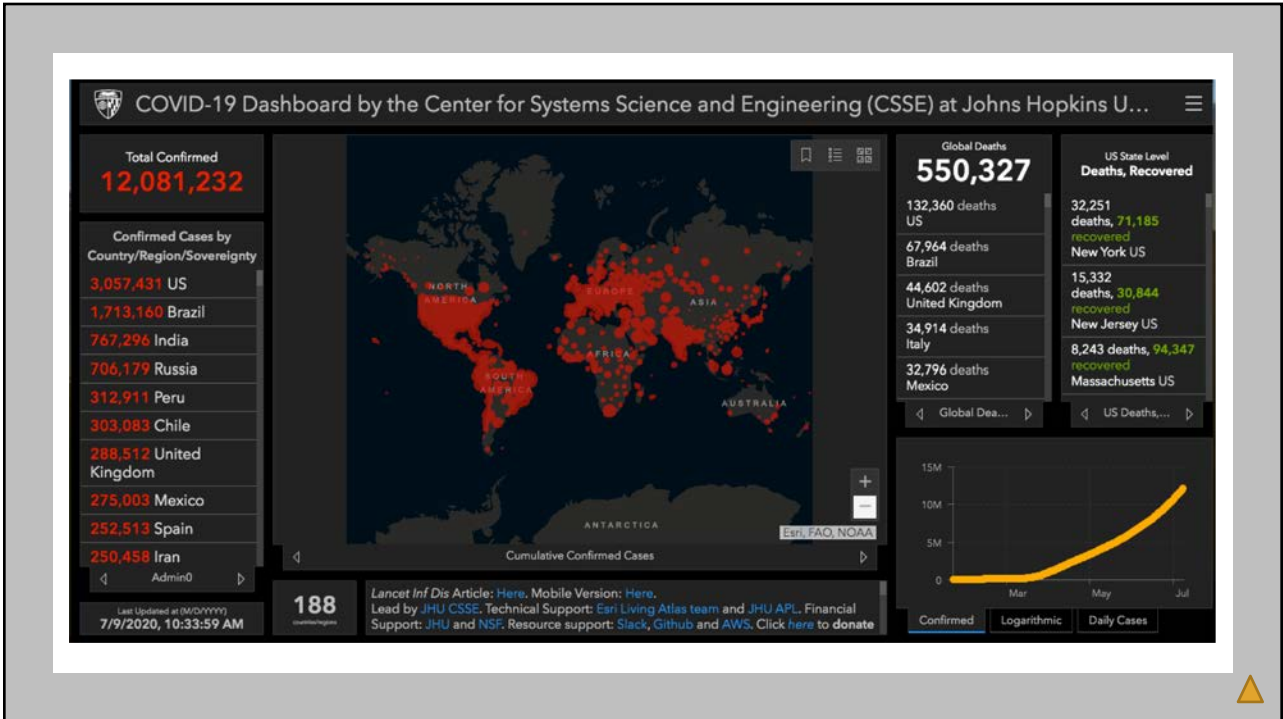
- COVID-19 Update
- Respiratory Treatments at Home
- School Issues with Respiratory Tools
- Respiratory Care in the Office & Hospital Settings
- Resources to Help Patients Afford their Medications





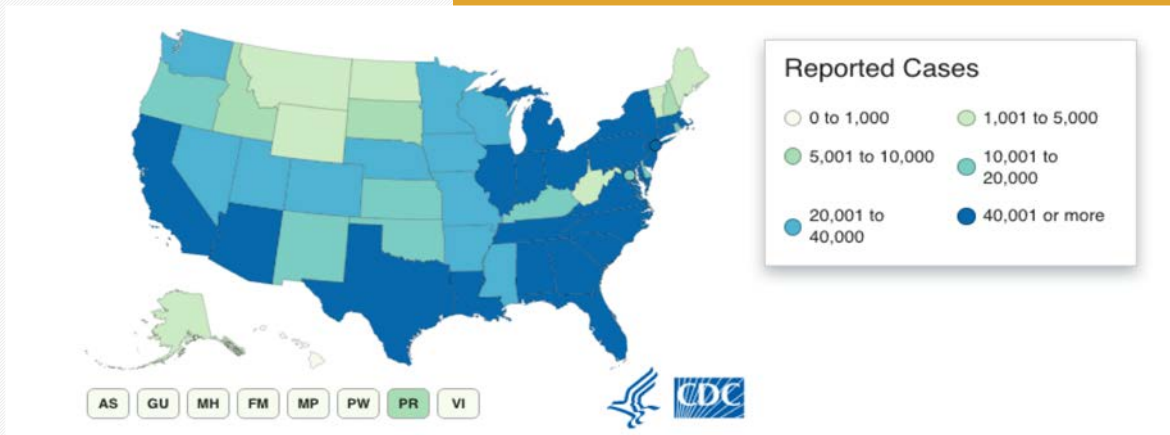
Current State of COVID-19

Tonya Winders



US Data Report

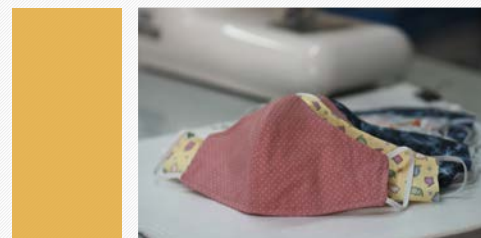
Total Confirmed Cases	Total New Cases	Total Deaths	Total New Deaths
2,982,900	50,304	131,065	932



Data as of 7/9/20

In the News

- Some states mandating face masks
- Lack of social distancing at protests likely added to new cases of coronavirus
- Dr. Fauci says a more infectious strain of the coronavirus may be emerging
 - New strain may make the virus more transmissible – not all scientists are in agreement – more research is needed
 - "We are still knee-deep in the first wave of this. And I would say, this would not be considered a wave. It was a surge, or a resurgence of infections superimposed upon a baseline"
 - "A false narrative to take comfort in a lower rate of death – don't get yourself into false complacency"

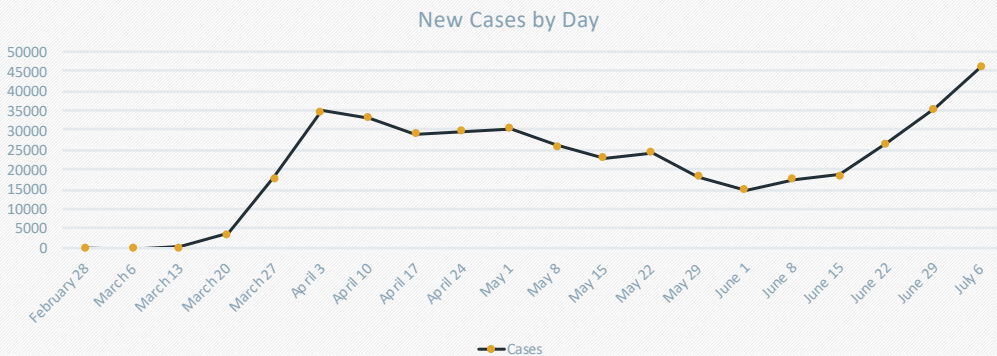


In the News

- FDA is warning consumers and health care professionals that the agency has seen a sharp increase in hand sanitizer products that are labeled to contain ethanol (also known as ethyl alcohol) but that have tested positive for methanol contamination.
 - Methanol is not an acceptable active ingredient for hand sanitizers and must not be used due to its toxic effects
- Trump administration has begun formal process to withdraw from the World Health Organization
- COVID-19 antibody drug moves into phase 3 trials

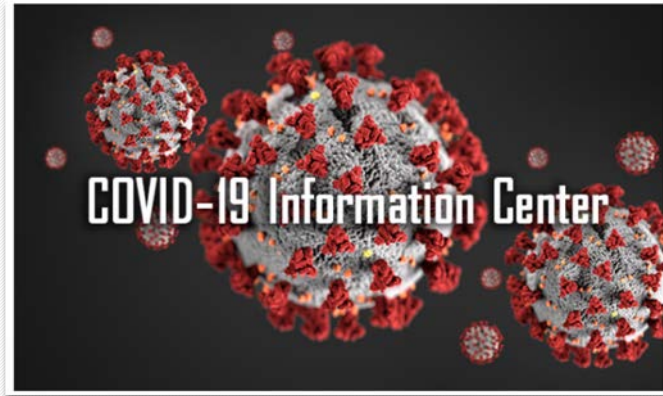


COVID-19 Cases in US by Date Reported



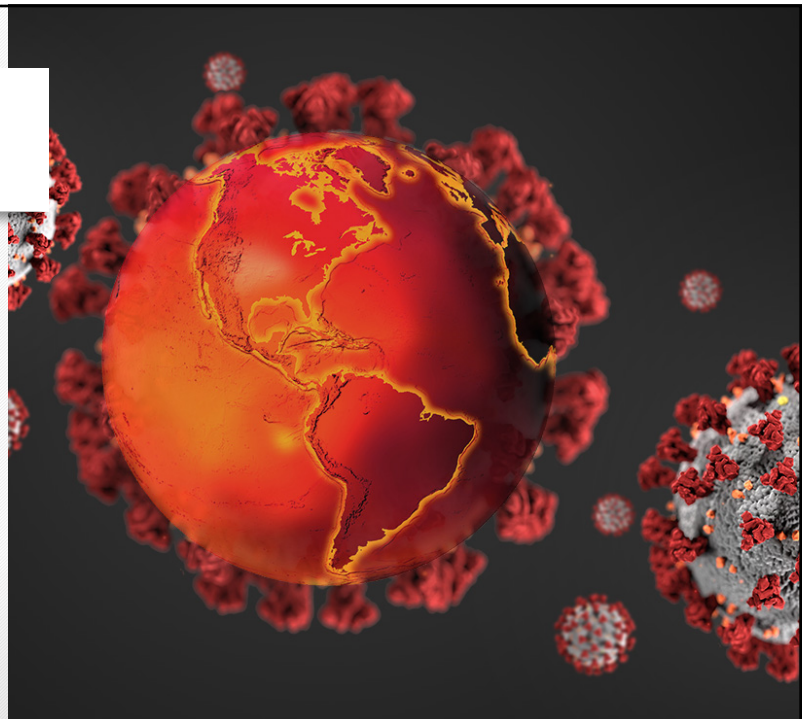
COVID-19 Information Center – Allergy & Asthma Network


- <https://allergyasthmanetwork.org/health-a-z/covid-19/>
- Webinar recordings
- Patient program with ATS recording
- Infographics
- Fact Sheets and Q & A's
- Managing Pediatric Asthma during COVID-19
- What coronavirus looks like
- State by State guidance on reopening



Please note:


- *This is a **constantly** evolving situation*
- Guidance is likely to change
 - And change back
 - And change again . . .





Respiratory Treatments at Home

Dr. Purvi Parikh



Definition of Respiratory Tools

- Inhalers
 - Metered dose inhaler (MDI)
 - Dry powdered inhaler (DPI)
- Spacer
- Valved Holding Chamber
- Nebulizer
- Spirometry
- FeNO
- Peak Flow Meters






Respiratory Tools

Allergy & Asthma Network • 800.878.4403

Allergy & Asthma Network is a national nonprofit organization dedicated to ending needless death and suffering due to asthma, allergies and related conditions through education, advocacy and research.

NEBULIZERS

Nebulizers turn liquid medicines into tiny particles that can be inhaled through the mouth. They are used for people with asthma and other lung conditions. Many types of nebulizers are available – some are small enough for travel and some are quiet enough for sleep nights. Available with masks.

VALVED HOLDING CHAMBERS AND SPACERS

A device attached to metered-dose inhalers that slows the movement of the inhaler, traps and suspends particles of medication long enough to be inhaled, and help direct the medication into the lungs where it provides maximum benefit. Available with masks.

MEDICATIONS

Available in several, not over-the-counter, formulations for chronic inhalation.

- **Short-acting beta2-agonists (SABA)**
Relieves rapid-onset symptoms of asthma and offers quick relief of asthma symptoms such as coughing, wheezing and shortness of breath for 2-6 hours.
• **Albuterol** (bronchodilator) Inhalation Solution
- **Formoterol** (long-acting beta2-agonist) Inhalation Solution

SPIROMETER

A device used primarily in a doctor's office to measure the volume and speed that air is pushed in and out of the lungs. This information helps your doctor determine if you have asthma and measure your response to treatment.

PEAK FLOW METER

A handheld device to measure a patient's Peak Expiratory Flow Rate (PEFR). The measurement you get can help you see if your asthma is getting worse and if you need to start or change your treatment. Available with masks. Always use the morning and evening early signs of an asthma flare.

IN-CHECK DIAL INSPIRATORY FLOW METER

A handheld device to measure inspiratory flow and help determine whether a patient is using correct effort. Indicated for confirming the onset and endpoint of an inspiration.

ASTHMA CONTROL TEST

A quick test that provides a numerical score to assess a patient's asthma control. Discuss results with a doctor. An Asthma Control Test is offered in some practices.

ASTHMA ACTION PLANS

A personalized document you develop with your doctor and partner. It tells you how to manage your asthma. Asthma action plans are also available for COVID.

Your Best Defense : Keep your Asthma in Control

- Based upon available information to date, those at high-risk for severe illness from COVID-19 include:
 - People with chronic lung disease or moderate to severe asthma
 - People who are immunocompromised including those on oral corticosteroids
 - People of any age with certain underlying medical conditions, particularly if not well controlled



COVID-19 Issues


- COVID-19 is spread through droplets in the air
- Inhalers with spacers contain respiratory droplets
- Nebulizers spread droplets through the air
- Be sure to access asthma care
- Telehealth is a great tool during COVID-19





Asthma Care


- Check in that you are on the right dose
- Using the right technique of inhaled medications
- Know when to call if you are having trouble breathing
- Review the importance of taking maintenance medications to control your asthma
- Use your inhaler as directed
 - Quick relief inhaler
 - Controller medication



Nebulizers at Home

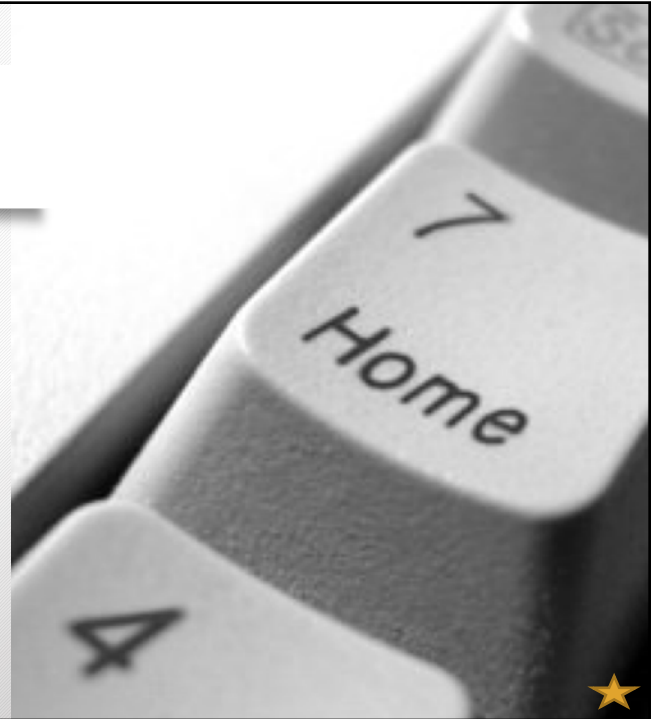
For people with known or suspected COVID-19 who are administering nebulizers at home:

- Nebulizers should be used in a location that limits exposure to other household members
- Locations where the air is not circulated into the home are preferable such as a porch, patio, or garage



Cleaning a Nebulizer at Home

- Follow the manufacturer's instructions for cleaning the nebulizer equipment
- Some suggested guidelines include the following:
 - 1. Take apart the nebulizer. Wash all parts (except tubing and finger valve) in liquid dish soap and water. Rinse with water.
 - 2. After washing the nebulizer shake off any excess water.
 - 3. Reattach the nebulizer pieces and tubing to the air compressor and turn on the compressor to dry the nebulizer quickly.
- Make sure the nebulizer is completely dry before storing the nebulizer.



School Issues with Respiratory Tools

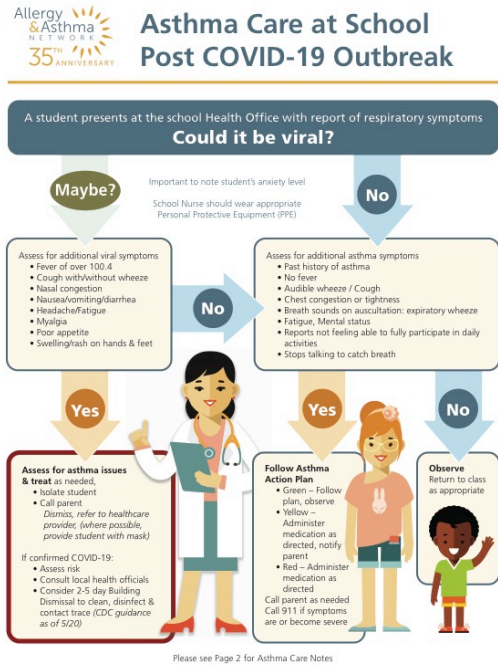
Tonya Winders



Asthma, COVID & Schools

CDC: 1 out of 12 children has asthma — and it's a leading cause of school absenteeism, causing more than 10 million missed days of school every year

As symptoms of COVID-19 may overlap with asthma, students experiencing a cough and shortness of breath should not attend school unless approved by a health care provider



Inhalers at School

Policies

- When permitted by school policies or state laws students should be allowed to use their personal inhaler

Cleaning

- All surfaces of the inhaler should be cleaned using a wipe with 70% alcohol or greater after each use and then allowing to air dry

Administering

- Staff administering inhalers should practice good hand hygiene – either washing hands for 20 seconds with soap and water before and after administration. If soap and water is unavailable, then staff should use a alcohol-based hand sanitizer with at least 60% alcohol

How to Clean a Spacer/Valved Holding Chamber

Washing instructions will vary from one brand to another, but these are the most common steps:

Disassemble: Follow instructions for taking the holding chamber apart. This may include removing the soft plastic port where the inhaler is inserted, the mouthpiece cap and sometimes the mask. Do not take the valve section apart, unless instructed.

- **TIP:** *Always* remove your MDI from the holding chamber before washing. MDIs require a totally different cleaning procedure, usually without water.

Soak: Prepare a large bowl with a solution of lukewarm water and liquid dishwashing detergent. (Washing with water alone causes an electrostatic charge to develop.²) Soak the device and all its pieces for 15 minutes.

- **TIP:** Choose a bowl large enough for the chamber to rest fully in the water.



How to Clean a Spacer/Valved Holding Chamber

Washing instructions will vary from one brand to another, but these are the most common steps:

Rinse: Rinse all the pieces in clean water.

- **TIP:** You can reduce the static charge of non-antistatic holding chambers and spacers by washing the device in a dishwashing liquid solution and letting it air dry *without* rinsing, but this is not as effective as using antistatic materials.

Air Dry: Shake off excess water, then place pieces on a clean, lint-free cloth or drying rack to air dry. Rest the chamber section on end (vertically), rather than on its side.

- **TIP:** Do not towel-dry, as that can build up static charge.

Reassemble: When all the pieces are *completely* dry, carefully put them back together according to instructions.



Stock Albuterol Inhalers

If stock inhaler is used:

Must be cleaned according to the manufacturer's instructions



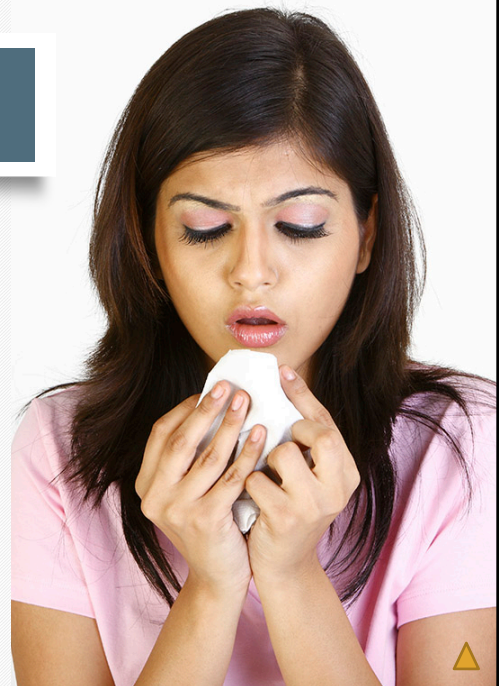
Disposable mouthpieces or spacers should be used

Employ additional strategies to reduce risk include using spacers with one-way valves, and not allowing the student to touch the inhaler (can touch the spacer)



Nebulizers & Peak Flow Meters

- During the COVID-19 pandemic, asthma treatments using inhalers with spacers are preferred over nebulizers. Nebulizers should be reserved for students who cannot use an inhaler or do not have access to one
- Peak flow meters involve forceful exhalation, which is not considered an aerosol generating procedure, though data is limited, and it can produce a cough in students with asthma
- Both pose some risk in the school setting



Cleaning Nebulizers at School

- After every use: rinse the nebulizer cup, mask, or mouthpiece thoroughly with warm water, shake off excess water and let air dry.
- At the end of each day: the nebulizer cup, mask, or mouthpiece should be washed with warm soapy water and rinsed with clean water, then laid out on a paper towel over night to dry.
- Once a week: wash with warm soapy water and after rinsing thoroughly, disinfect with white vinegar. To use the vinegar solution, mix 1/2 cup white vinegar with 1 1/2 cups of water. Soak the equipment for 20 minutes and rinse well under a steady stream of water. Shake off the excess water and allow to air dry on a paper towel. Always allow the equipment to completely dry before storing in a plastic, zippered bag.
- The nebulizer kit, cup, mask, or mouthpiece should not be used for multiple children.



Nebulizer Administration

For staff administering nebulizers to students -

- Should be wearing PPE (gloves, medical or surgical facemask, and gloves)
- Should receive training on how to safely administer treatments and appropriate use and disposal of PPE

During administration of nebulizers -

- Only the student and staff responsible for administering should be in the room and, if appropriate, the staff member may leave the room
- After administration, the room should undergo routine cleaning and disinfecting





Respiratory Care in the Office & Hospital Settings

Dr. Purvi Parikh



Metered-dose Inhalers (MDIs)

Hospitals may reuse MDIs, but an MDI should be dedicated to a single patient during their hospitalization (or until medication discontinued)

Hospitals should implement a workflow regarding MDI use

If MDIs must be reused due to shortage, a strict sterilization protocol should be followed



Aerosol Generating Procedures (AGP)

- Per the CDC:
 - The concern is for procedures that may generate higher concentrations of infectious respiratory aerosols.
- These are AGPs known to create uncontrolled respiratory secretions



- Open suctioning of airways
- Sputum induction
- Cardiopulmonary resuscitation
- Endotracheal intubation and extubation
- Non-invasive ventilation (e.g., BiPAP, CPAP)
- Bronchoscopy
- Manual ventilation



AGPs

If performed, the following should occur:

HCP in the room should wear an N95 or equivalent or higher-level respirator, eye protection, gloves, and a gown.

The number of HCP present during the procedure should be limited to only those essential for patient care and procedure support. Visitors should not be present for the procedure.

AGPs should ideally take place in an AIIR (Airborne Infection Isolation Room).



Environmental Infection Control

Dedicated medical equipment should be used when caring for patients with suspected or confirmed SARS-CoV-2 infection.

- All non-dedicated, non-disposable medical equipment used for patient care should be cleaned and disinfected according to manufacturer's instructions and facility policies.

Routine cleaning and disinfection procedures are appropriate for SARS-CoV-2 in healthcare settings, including those patient-care areas in which aerosol generating procedures are performed

- Using cleaners and water to pre-clean surfaces first
- Apply an EPA-registered, hospital-grade disinfectant to frequently touched surfaces or objects for appropriate contact times as indicated on the product's label)



Nebulizers? – Guidance seems unsure . . .

- We just talked about nebulizer guidance at school . . .
 - It is uncertain whether the aerosols from some procedures, including nebulizer administration and high flow O2 delivery, will result in generating infectious respiratory aerosols
 - During the SARS outbreak, nebulizers were not associated with significantly increased transmission risk of the virus
 - A 2004 study of SARS was unable to detect the presence of airborne SARS when a patient used a nebulizer or humidifier
 - In the United Kingdom, guidance on COVID-19 infection transmission does not list nebulizers as a potential infection risk as the aerosols come from the medication, not the patient



Spirometry / FeNO

Identified as aerosol generating procedures

- Use only when essential for immediate treatment decisions
 - Recommended that care providers use appropriate PPE (limits droplet acquisition for staff and individuals)
- Enhanced cleaning of testing space
 - Wipe down surfaces with appropriate cleaners
- Transmission may occur from asymptomatic individuals
- Increasing levels of Fractional exhaled Nitrous Oxide (FeNO) may be an early indicator of the presence of the coronavirus

AAAAI & ATS Recommendations



Public Health Guidance

If the patient can tolerate a metered-dose-inhaler, then they should be switched to one with a dedicated spacer

If nebulizer needed, all health care workers should wear appropriate PPE, including face mask (if respirator not available), eye protection, gloves, and a gown

Keep door closed during nebulizer treatment

Once nebulizer is set up, health care workers should remain 6 feet away or more, or even outside the door





Resources to Help Patients Afford their Medications

Tonya Winders



Asthma Medications



Asthma inhalers and other types of respiratory medications vary in price.

Some are less costly, and some are very expensive. If you cannot afford the cost of your asthma inhaler or other respiratory medication you can:

- **Shop around.** Compare prices at other pharmacies or check prices at [GoodRx](#).
- **Contact the manufacturer** for patient assistance programs.
- **Ask your doctor to prescribe an alternative.** Sometimes less costly alternatives are available.



Patient Medication Assistance

Allergyasthmanetwork.org

Asthma

What if I Can't Afford my Asthma Medication?

Use the list below to contact the manufacturer to find out about its patient assistance program.

If you are still unable to afford the prescribed medication, talk with your doctor. It's very important to use your medication as prescribed. Be sure to ask your doctor for help you so you don't go without taking your asthma medication or other respiratory medication.

[Allergyasthmanetwork.org – Asthma – What if I Can't Afford my Asthma Medication? OR https://allergyasthmanetwork.org/what-is-asthma/what-if-i-cant-afford-my-asthma-medication/](https://allergyasthmanetwork.org/what-is-asthma/what-if-i-cant-afford-my-asthma-medication/)



Examples:

For demonstration purposes: We are not endorsing a specific brand

Includes:

- Short-acting beta2-agonist bronchodilators
- Long-acting beta2-agonist bronchodilators
- Inhaled corticosteroids
- Combination medications
- Muscarinic antagonist bronchodilators
- Severe asthma treatments
- PDE₄ Inhibitors

Short-acting beta2-agonist bronchodilators

ProAir® HFA
 Manufacturer: TEVA
 Contact: <http://www.tevacares.org/>
 800-237-4881
 TEVA Cares Foundation - PDF download application



ProAir® RespiClick
 Manufacturer: TEVA
 Contact: <http://www.tevacares.org/>
 \$25 per for three refills



Proventil® HFA
 Manufacturer: Merck
 Contact: <https://www.merckhelps.com>
 855-257-3932
 \$15 off Out of Pocket Expense



Ventolin® HFA
 Manufacturer: GSK
 Contact: <https://www.gskforyou.com/>
 888-825-5249



Xopenex HFA®
 Manufacturer: Sunovion
 Contact: <https://www.xopenexhfa.com/>
 844-276-8262
 No Direct savings offer - Call the support number to talk to a Reimbursement Specialist
<http://www.cephaloncares.com/DoQQuality.aspx>



Long-acting beta2-agonist bronchodilators

Arcapta™ Neohaler™
 Manufacturer: Sunovion
 Contact: <https://www.arcapta.com/savings/arcapta-patient-support.cfm>
 844-276-8262
 Pay as little as \$10 Savings Card



Serevent® Diskus®
 Manufacturer: GSK
 Contact: <https://www.gskforyou.com/>



Striver® Respiart®

Manufacturer: Boehringer Ingelheim
 Contact: <https://www.boehringer-ingelheim.com/asthma/respiart/teva>
 800-556-8317
 Boehringer Ingelheim Cares Foundation, Inc. Mail in Form.



Inhaled corticosteroids

Atreco® HFA
 Manufacturer: COVIS
 Contact: <https://www.atreco.us/>
 877-264-2440
 \$17 dollar Co pay



Armonair™ RespiClick®
 Manufacturer: TEVA
 Contact: <http://www.armonair.com/>
 877-237-4881
 TEVA Cares Foundation - PDF download application



Armuty® Ellipta®
 Manufacturer: GSK
 Contact: <https://www.armuty.com/armuty-savings-and-offers/index.html>
 888-825-5249
 \$10 a month for 12 months.



Asmanex® HFA
 Manufacturer: Merck
 Contact: <https://www.asmanex.com/asmanex>
 800-727-5400
 1 free and \$15 multise offers



Asmanex® Twisthaler®
 Manufacturer: Merck
 Contact: <https://www.asmanex.com/asmanex>
 800-727-5400
 1 free and \$15 multise offers



Flovent® Diskus®
 Manufacturer: GSK
 Contact: <https://www.gskforyou.com/>
 888-825-5249



Flovent® HFA
 Manufacturer: GSK
 Contact: <https://www.gskforyou.com/>
 888-825-5249



Pulmicort Flexhaler®
 Manufacturer: AstraZeneca
 Contact: <https://www.pulmicortflexhalertouchpoint.com/learn/astaznema>
 800-422-5604
 \$20 a month



QVAR® Redhaler™
 Manufacturer: TEVA
 Contact: <https://www.qvar.com/redhaler/savings>
 877-237-4881
 Pay no more than \$15 a month





Questions?

*Please record your questions in the Question box on your
webinar control panel*

We will address as many questions as we can



Join us on **July 29th at 4:00 PM** for the 9th webinar in
our COVID-19 Webinar Series -



Back to School: Considerations for Students with Asthma in the Era of COVID-19

*Dr. Mary Cataletto
Tonya Winders
Dr. Purvi Parikh*





COVID-19 & Respiratory Tools: How to Access, Use and Clean Inhalers, Nebulizers & More

Thank you for listening!
Get guidelines-based information at
allergyasthmanetwork.org

