



Health Measure TIPS (To Improve Performance Sheet): Use of Spacers with a Metered Dose Inhaler in Children with Asthma Ages 3-16 Years (MDI)

Importance of the Measure

Research has shown that over 60% of patients using Metered Dose Inhalers (MDIs) are unable to use them correctly, which is correlated with an increased number of asthma exacerbations. Teaching patients how to manage their asthma and assessing their inhaler technique at each visit is essential to maintaining asthma control. Additionally, spacers can reduce local side effects such as thrush, dysphonia, and reflex cough or bronchospasm. Spacers or Valved Holding Chambers (VHCs) have been shown to:

- Improve drug delivery and response in patients who have poor MDI technique, children being a major portion of this cohort
- Decrease oropharyngeal deposition and thus decrease risk of topical side effects such as thrush from inhaled corticosteroids

When prescribing an MDI for a child, it is important to consider whether or not they will benefit from a spacer. Please note that spacers and VHCs require a prescription to be dispensed, which is a covered benefit under HUSKY Health.

Increasing Spacer Use in Children with Asthma

HUSKY Health wants to help you increase the use of spacers with MDIs for children with asthma between the ages of 3-16 years and improve health outcomes for your HUSKY Health patients. We have created a chart that details the MDIs that could benefit from a spacer.

Visit: www.ct.gov/husky click "**For Providers,**" "**Asthma**" under the "**Condition Management Resources**" menu item, then "**List of Inhalers Used with Spacers**"

Additional Information

For information on health measures or the programs and services made available through the HUSKY Health program:

- Visit: www.ct.gov/husky, click "**For Providers,**" then "**Health Measures**" under the "**Reports & Resources**" menu item
- Email: Quality@chnct.org
- Call: 1.866.317.3301

References:

National Asthma Education and Prevention Program, Third Expert Panel on the Diagnosis and Management of Asthma. Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. Bethesda (MD): National Heart, Lung, and Blood Institute (US); 2007 Aug. https://www.nhlbi.nih.gov/files/docs/guidelines/gip_rpt.pdf
https://www.cdc.gov/asthma/impacts_nation/asthmafactsheet.pdf