
PROFICIENCY AT USING
THE METERED DOSE
INHALER AMONG
PATIENTS ATTENDING
THE WITPOORT HOSPITAL
OUTPATIENT CLINIC

IN PARTIAL FULFILMENT
OF THE AWARD OF THE
DEGREE OF MASTER OF
MEDICINE(MMED).FAMILY
MEDICINE

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Declaration

I, Isiguzo Obinna Fred hereby declare that the work on which this research is based is original (except where acknowledgements indicate otherwise) and that neither the whole work nor any part of it has been, is being or is to be submitted for another degree at this or any other university.

Signature

Date

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To God almighty for his love and patience

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ABSTRACT

AIM AND OBJECTIVE: To determine metered dose inhaler usage technique among asthmatic patients attending outpatient clinic and assess relationship between proficiency and specific factors for efficient or non-efficient usage.

DESIGN: A cross-sectional study was conducted in outpatient clinic; the inhalation technique was assessed in six steps.

SETTING: outpatient clinic of Witpoort hospital, Limpopo province, South Africa.

RESULT: Total of 102 patients (32 male and 70 female) was assessed with age ranging from 10 to 77(mean 44) between September to November 2008. Only three (2.9%) of patients could perform all six steps correctly. Percentage of patients performing each step correctly were: 20.6% , 65.7%, 4.9%, 4.9% and 1% got none of the step, one step, two steps, three steps, and four steps correctly respectively. None got up to five steps correctly. The 2.9% that got all six steps correctly were taught by a doctor and had asthma duration of greater than five year.

CONCLUSION: This study shows a high level of incorrect usage of metered dose inhaler among asthmatic patient attending witpoort hospital. Sex (gender), age and educational level did not play a role in proficiency of inhaler use.

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