

# Trainer's Journal Club

February 13, 2005 Discussion Summary  
5pm EST



## Facilitator:

Margaret Lester, DIRECTOR OF EDUCATIONAL PROGRAMS

## Staff in attendance:

Donna Dayer, MARKETING LIAISON  
Casey Jones, COPD COURSE LEAD

## Trainers

Edana Altman, NORTH CAROLINA  
Tammy Foltz, ILLINOIS  
Kathy Huber, CALIFORNIA  
Joan Mogil, NEW YORK  
Jakki Rawlinson, SOUTH CAROLINA  
Kathy Smith, WASHINGTON

## Agenda items:

- I. **New in Simply Asthma**
  - II. **Articles for discussion**
- 

### I. **Simply Asthma**

- There is a correction to how to calculate variability (page 9).
- New information on pregnancy in asthma (both basic care p. 15, and acute exacerbation p. 41)
- New information on allergy (p.3)
- New therapies, (p. 18)
- More copies of the second edition of *Simply Asthma*, which was supported by a grant from Genentech Inc and Novartis Pharmaceuticals Corporation, are available to trainers, particularly to those in specialty practice.

### II. **Articles for discussion**

Right drug at right time for moderate to severe allergic asthmatics

By *Tony Isabella, CCRP, RRT*

[http://www.aaaai.org/members/allied\\_health/articlesofinterest/right\\_drug.stm](http://www.aaaai.org/members/allied_health/articlesofinterest/right_drug.stm)

Labeling Changes for Drug Products that Contain Salmeterol

<http://www.fda.gov/bbs/topics/ANSWERS/2003/ANS01248.html>

2003 Safety Alert - Serevent (salmeterol xinafoate)

<http://www.fda.gov/medwatch/SAFETY/2003/serevent.htm>

Casaburi R, Mahler DA, Jones PW, Wanner A, San Pedro G, ZuWallack RL, Menjoge SS, Serby CW, Witek T Jr (2002). A long-term evaluation of once-daily inhaled tiotropium in chronic obstructive pulmonary disease. *European Respiratory Journal* **19**, 217-24

Pierart F, Wildhaber JH, Vrancken I, Devadason SG, Le SoueÉ f PN (1999). Washing plastic spacers in household detergent reduces electrostatic charge and greatly improves delivery. *European Respiratory Journal* **13**, 673-8

**Summaries following**

## **Xolair**

Right drug at right time for moderate to severe allergic asthmatics

By Tony Isabella, CCRP, RRT

[http://www.aaaai.org/members/allied\\_health/articlesofinterest/right\\_drug.stm](http://www.aaaai.org/members/allied_health/articlesofinterest/right_drug.stm)

Based on the literature, this therapy has been shown to decrease asthma symptoms, decrease asthma exacerbations, and decrease daily ICS. However, to this time, no improvement in lung function has been demonstrated. Given the increasing number of patients on this therapy, we would expect that more studies on lung function will be coming along and it will be interesting to see if lung function does improve. A number of Trainers have experience with Xolair and agree that it can be an excellent therapy for the right patient.

---

## **Serevent Black Box Warning**

Labeling Changes for Drug Products that Contain Salmeterol

<http://www.fda.gov/bbs/topics/ANSWERS/2003/ANS01248.html>

2003 Safety Alert - Serevent (salmeterol xinafoate)

<http://www.fda.gov/medwatch/SAFETY/2003/serevent.htm>

This was a brief discussion and all agreed on the need to do extra teaching with patients, stressing the need to take ICS as well as Serevent. The importance of knowing what the SMART study showed was stressed - so we can give patients evidence-based answers to their questions and respond professionally to questions in our practices and when teaching.

---

## **Spiriva**

Casaburi R, Mahler DA, Jones PW, Wanner A, San Pedro G, ZuWallack RL,

Menjoge SS, Serby CW, Witek T Jr (2002). A long-term evaluation of once-daily inhaled tiotropium in chronic obstructive pulmonary disease. *European Respiratory Journal* **19**, 217-24

A number of trainers have patients on Spiriva and all report good results for most of their patients. A few patients have discontinued the medication due to either insufficient response to treatment or to excessive dry mouth. We discussed the outcomes, which are detailed in the Casaburi article, and the tools used to measure them.

---

## **Whether to rinse plastic spacers**

Pierart F, Wildhaber JH, Vrancken I, Devadason SG, Le SoueË f PN (1999). Washing plastic spacers in household detergent reduces electrostatic charge and greatly improves delivery. *European Respiratory Journal* **13**, 673-8

Not rinsing plastic spacers decreases static cling and improves lung deposition.

Key points of the article:

1. How much the detergent was diluted didn't seem to matter
2. Small particle output was better from not-rinsed spacers
3. The low electrostatic charge on not-rinsed spacers remained low for at least 4 weeks
4. There was 3-fold increase in lung deposition in not-rinsed spacers
5. Metal spacers such as the Vortex do not have a static problem - but plastic spacers will continue to be more commonly used, so we should promote not rinsing them
6. The influence of low inhalation flow rates (which reduce lung deposition) is reduced with not-rinsed spacers