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INTEDA Helps Improve Aerosol Delivery in Turkey

by Arzu Ari, PhD, RRT, PT, FAARC

Inhaled medications are essential for the treatment of patients with pulmonary diseases. Over the years, numerous aerosol devices have been introduced and more are expected in the future. As the number of aerosol devices increases, discrepancies among the devices and confusion about each device also increase, and so the delivery of inhaled medications to patients requires optimum knowledge of aerosols in medicine and their delivery techniques. Since Turkish physicians and health care professionals are confronted with an ever-increasing challenge to match the aerosol device to the patient, developing a roadmap to improve the knowledge and practice on inhalation treatments was needed.

Vice President of the Turkish Respiratory Society (TRS), Dr. Can Öztürk, foresaw the importance of establishing the Inhalation Treatments Networking Groups (INTEDA) in order to develop a mechanism through its members to interact and collaborate on aerosol-related topics. In 2007, TRS assembled experts together for intensive work to clarify issues, formulate strategies, and develop action plans to continuously improve aerosol therapy. INTEDA was established under the wings of TRS and became the sole networking group currently focused on all aspects of inhalation treatments in Turkey. One of our greatest strengths is the mix of expertise and interests among its members. Physicians, scientists, and health care professionals with similar interests have been able to network and prepare guidelines, consensus statements, and policy documents related to inhaled medications and aerosol therapy.

In order to transform the initial enthusiasm into a practical reality, INTEDA board members developed sev-

eral exemplary projects focused on publication, communication, international collaboration, research, and education, which are detailed here.

Publications

INTEDA has published two books, several peer-reviewed articles, and patient education documents since 2007. Last year, board members, Drs. Öztürk, Zafer Çalışkaner, Cenk Can, Sevgi Pekcan, and Emel Ceylan, worked together on a Turkish translation of American Association for Respiratory Care's "Guide to Aerosol Delivery Devices for Respiratory Therapists." The Turkish version of this guide can be found at www.irccouncil.org/newsite/members/documents/AerosolDeliveryGuideTurkishtranslation.pdf.

Also, Drs. Öztürk and Çalışkaner co-authored "Inhalation Treatments in Asthma and COPD" in 2009, which has been distributed to all the TRS members free of charge.

Communication through call center and website

TRS and INTEDA established a call center and website to streamline communication among all physicians and health care professionals interested in aerosol therapy. The call center is a first in Turkey at which patients' questions about inhalation treatments have been answered at no cost.

The website provides interactive patient education documents, information about aerosol therapy in children,

correct inhalation techniques with each aerosol device available on the Turkish market, and information on common mistakes that affect the efficacy of aerosol therapy. All the documents provided at the website at

about the author...



Arzu Ari, PhD, RRT, PT, FAARC, is associate professor at Georgia State University, governor for Turkey on the International Council for Respiratory Care, and a member of the AARC's International Committee.

Postgraduate Education Programs

In the past two years I have taught a postgraduate education program titled “Clinical Applications in Mechanical Ventilation” at two different institutions in Turkey. The first program was offered at Mustafa Kemal University in Hatay through the support of Dr. Hasan Hallaçeli, program director of the School of Physical Therapy and Rehabilitation. Sanihe Uğurlu, of Memorial Hospital in Istanbul, Turkey — a recipient of the AARC 2012 International Fellowship Award — organized the second program.

The program was designed to teach clinical applications of mechanical ventilation to Turkish physicians and physical therapists seeking clinical excellence, professional distinction, and scholarly activities to contribute to the body of science. Both programs were approved by the International Education Recognition System, which was developed by the AARC International Council for Respiratory Care.

Through programs like this, it is possible for physicians and health care professionals to acquire knowledge on clinical applications of mechanical ventilation and enable health services in Turkey to produce better patient outcomes. ■

www.inteda.net are available free of charge to patients, physicians, and health care professionals.

International collaboration

We have established collaboration with the International Society for Aerosols in Medicine in order to prepare a two-day education program entitled “Basic Principles and Clinical Applications of Aerosols in Medicine” that will be held in Istanbul in June 2013. This organization of clinicians, researchers, and academics with shared interest in medical applications and developments of aerosol medicine will provide state-of-the-art lectures and opportunities for participants to better understand pulmonary diseases and aerosol therapy.

We are preparing a workshop in which expert speakers from Europe, the United States, and Turkey will present a range of topics on aerosols in medicine and foster further research and collaboration. Pediatric pulmonologists, clinical fellows in training, manufacturers, industry representatives, researchers, and health care profession-

als such as physical therapists, respiratory therapists, pharmacists, and nurses are expected to attend.

Research

INTEDA members have conducted two multi-center research projects. In the first study, Turkish physicians’ knowledge and opinions about aerosol therapy in asthma and COPD, were evaluated with a prospective, cross-sectional multicenter survey study. The second study determined the errors made in the use of aerosol devices. Both research projects received the first place poster presentation award at the European Academy of Allergy and Clinical Immunology Congress in 2011.

These studies revealed that patient errors were classified as either “expected errors” (that are known as common mistakes made by patients) or “extreme errors” (that are developed by patients and not available in the literature).

Education projects

Over the past five years, INTEDA has organized a variety of lectures, symposia, workshops, and education programs on inhalation treatments not only for Turkish physicians and health care professionals, but also for patients and caregivers throughout Turkey.

Improving care

In conclusion, INTEDA has evaluated all key issues of medical aerosols and promoted the improvement and consistency of inhalation treatments administered to patients. Once the assigned task is accomplished, INTEDA develops new projects, such as creating an informational document or standard, resolving problems related to inhalation treatments, and ensuring continuous improvement in aerosol therapy. None of these projects could have been accomplished without enthusiastic, outstanding individuals like Drs. Öztürk, Çalışkaner, Can, Ceylan, Pekcan, and all the other members of the organization. ■

Readers of the online version of *AARC Times* can click here for the [Turkish translation of the AARC’s “Guide to Aerosol Delivery Devices for Respiratory Therapists”](#) or to view the [TRS/INTEDA patient education documents](#).