

# SUPPLEMENTARY MATERIAL

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## Evaluation of asthma control after reinforcement of proper inhaler techniques in a tertiary care center in northern India

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quality-of-life, patient education.

**Supplementary Table 1. Inhalation technique steps and score.**

Pressurised metered dose inhaler (pMDI)	Multidose preloaded dry powder inhaler	Dry powder inhaler with separate capsule drugs
1. Remove the cap from the inhaler	1. Unscrew and remove the protective cover	1. Unscrew and remove the protective cover
2. Shake the inhaler well for 5 seconds	2. Hold the device upright	2. Hold the device upright
3. Hold the inhaler firmly by placing your index finger on top of the canister and thumb on the bottom of the mouth piece	3. Twist the grip on the base to the right (till the end) and then to the left (till the end) until the sound click is heard	3. Twist the grip on the base to the right (till the end) until the sound click is heard
4. Exhale completely away from the inhaler	4. Breath out slowly, away from the device mouthpiece	4. Breath out slowly, away from the device mouthpiece
5. Place the inhaler in your mouth and seal your lips tightly around it	5. Place the mouthpiece gently between the teeth	5. Place the mouthpiece gently between the teeth
6. Press the inhaler and breathe in steadily and deeply	6. Take a deep breathe	6. Take a deep breathe
7. Remove the inhaler from the mouth	7. Take out the device from the mouth	7. Take out the device from the mouth
8. Hold your breath for 10 sec or as long as it is comfortable	8. Hold the breath for 10 seconds,	8. Hold the breath for 10 seconds
9. Exhale slowly	9. Breathe out	9. Breathe out
10. Replace cap on inhaler	10. Replace the protective cover firmly	10. Replace the protective cover firmly

Each step carries one mark. The score may range from 0 to 10.