

SUPPLEMENTARY APPENDIX TABLE S1. INHALER  
TECHNIQUE ASSESSMENT CHECKLIST FOR ACCUHALER®

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*Accuhaler*

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1. Open inhaler.
  2. Push lever back completely to load dose.
  3. Exhale all air out of lungs.
  4. Exhale away from the mouthpiece.
  5. Hold inhaler horizontally.
  6. Place mouthpiece between teeth and seal with lips.
  7. Inhale slowly and deeply.
  8. Hold breath for as long as is comfortable.
  9. Exhale away from the inhaler.
  10. Close the inhaler.
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SUPPLEMENTARY APPENDIX TABLE S2. INHALER  
TECHNIQUE ASSESSMENT CHECKLIST FOR TURBUHALER®

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*Turbuhaler*

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1. Unscrew and remove the cap from the inhaler.
  2. Keep inhaler upright.
  3. Rotate grip one way, then back, to load dose.
  4. Exhale all air out of lungs.
  5. Exhale away from the mouthpiece.
  6. Keep head upright, lift chin slightly.
  7. Place mouthpiece between teeth and seal with lips.
  8. Inhale forcefully and deeply.
  9. Pause, then breathe out normally.
  10. Exhale away from the inhaler.
  11. Replace cap.
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SUPPLEMENTARY APPENDIX TABLE S3. INHALER  
TECHNIQUE ASSESSMENT CHECKLIST FOR pMDI

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*pMDI*

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1. Remove mouthpiece cover and shake well.
  2. Exhale all air out of lungs.
  3. Keep head upright, lift chin slightly.
  4. Place mouthpiece between teeth and seal with lips.
  5. Inhale slowly and press canister early.
  6. Continue slow and deep inhalation.
  7. Hold breath for as long as is comfortable  
(aim for 10 seconds).
  8. Breathe out normally, away from the inhaler.
  9. Replace cap.
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pMDI, pressurized metered dose inhaler.

SUPPLEMENTARY APPENDIX TABLE S4. INHALER  
TECHNIQUE ASSESSMENT CHECKLIST  
FOR pMDI WITH SPACER

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*pMDI with spacer*

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Single-breath technique

1. Assemble the spacer.
2. Remove mouthpiece cover of inhaler, shake, and insert into spacer.
3. Exhale all air out of lungs.
4. Keep head upright, lift chin slightly.
5. Place spacer mouthpiece between teeth and seal with lips.
6. Press canister and inhale slowly and deeply from spacer.
7. Hold breath for as long as is comfortable (aim for 10 seconds).
8. Breathe out normally.

Multiple-breath technique

1. Assemble the spacer.
  2. Remove mouthpiece cover of inhaler, shake, and insert into spacer.
  3. Exhale all air out of lungs.
  4. Keep head upright, lift chin slightly.
  5. Place spacer mouthpiece between teeth and seal with lips.
  6. Breathe in and out of spacer, then press canister.
  7. Continue to breathe normally through spacer for a few breaths.
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SUPPLEMENTARY APPENDIX TABLE S5. INHALER  
TECHNIQUE ASSESSMENT CHECKLIST FOR AUTHOHALER®

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*Authohaler*

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1. Remove inhaler cap and shake well.
  2. Raise lever up to prepare device.
  3. Exhale all air out of lungs.
  4. Keep head upright, lift chin slightly.
  5. Place mouthpiece between teeth and seal with lips.
  6. Inhale slowly and deeply.
  7. Hold breath for as long as is comfortable (aim for 10 seconds).
  8. Breathe out normally, away from the inhaler.
  9. Push lever down and replace cap.
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