

## Making the Change to HFA Inhalers

<b>CFC Inhalers</b>	<b>HFA Inhalers</b>
Developed more than 50 years ago	Developed within past 5-7years
Contains chlorofluorocarbons (CFC)	Contains Hydrofluoroalkane (HFA)
Damage the earth's ozone layer	Safe for the earth's ozone
Montreal Protocol (international treaty) 168 countries, goes into effect after 2008 Not compliant with Montreal Protocol	Compliant with Montreal Protocol
Many generics were available, now are being phased out, few are available at this time	To date, no generics available
Size and shape similar	Size and shape similar
Convenient to use	Convenient to use
Mist is forceful and cool	Mist is less forceful and warmer
Need to be primed	Need to be primed according to each product insert
Need to shake before using, standard	Need and method to shake depends on product insert
Periodic cleaning of unit was not stressed in product package inserts	Regular cleaning of unit is stressed and is necessary to be carried out by product package inserts, specific for each product

DO TO THE SOFTER, GENTLER, WARMER SPRAY FROM THE HFA INHALERS PATIENTS MAY FEEL THE HFA DOES NOT WORK AS WELL AS THE CFC. THE AMOUNT OF ACTIVE INGREDIENT THAT REACHES THE LUNGS FROM AN HFA INHALER IS EQUAL TO A CFC INHALER. PATIENTS NEED TO RECEIVE EDUCATION REGARDING THE SIMILARITIES AND DIFFERENCES OF CFC AND HFA INHALERS.

### **Cleaning Care for HFA Inhalers**

1. Look at the inhaler's tiny exit port
2. If there is powder or other residue in or around the port, it is time to clean
3. Remove the canister from the L-shaped plastic mouthpiece
4. Rinse the mouthpiece and cap in warm water
5. Let the mouthpiece and cap dry all day or overnight
6. After the mouthpiece and cap have dried, put the canister back inside the mouthpiece and the cap back on the inhaler

Never place CFC or HFA metal canisters in water to judge if there is product remaining in canister; this water "float" test can damage the inhaler and research has found floating to be an inaccurate method for testing for remaining product in canisters.

Jan Tippett RN, AE-C  
 Faculty Coordinator  
 Association of Asthma Educators  
 tippett@msn.com