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In-Check Dial

The In-Check DIAL is an inhalation airflow meter that can help educate and assess patients who use inhaler devices.

The In-Check DIAL simulates the internal resistance of several common inhaler devices and measures inspiratory flow. These measurements enable the healthcare professional to encourage patients to modify their inspiratory technique (by inhaling with more or less effort) in order to achieve an optimum inspiratory flow.

As the internal design of each inhaler is different, and their methods of producing an aerosol are not identical, the resistance the patient encounters when inhaling - and the speed of inhalation at which the optimum performance occurs - will be different from device to device.

IMPORTANT

In common with any inhalation device, it is important to check for loose foreign objects before the device is used. The transparent material used in the construction of the In-Check DIAL enables the user to make a visual check before inhalation. Patients should be prevented from exhaling through the device prior to use.

One-way disposable cardboard mouthpieces are available, which prevent the patient from exhaling into the In-Check DIAL, and can be replaced for each new patient, minimising the risk of cross-infection.

How to use the In-Check DIAL

1. Reset the In-Check DIAL
2. Align the scale with the desired inhaler device - an audible "click" should be heard.
3. Attach a clean mouthpiece (paediatric mouthpieces can be used with the supplied adapter)
4. Ask the patient to exhale slowly and fully
5. Seal lips around the mouthpiece. According to the inhaler chosen, instruct the patient to inhale in the manner recommended by the manufacturer
6. Record the inspiratory flow from the position of the red cursor against the scale. Reset, and repeat two more times
7. Compare values achieved with target flows for that device. To operate an inhaler device optimally, the patient should be able to achieve a flow rate within the Optimal Range
8. If the patient is not able to achieve these values, then the healthcare professional may wish to assess the patient's ability to use an alternative type of inhaler

Note about simulating the use of a pMDI Chamber or Spacer device:

As the resistances of the valves of most chamber/spacer devices are low, the In-Check DIAL can be set to 'low resistance pMDI' or Freeflow to provide an approximate resistance for inspiratory flow measurements to be made. The optimum inhalation technique for using an MDI with a holding chamber/spacer is a slow inhalation (30 to 60 l/min).