

**A TRANSCRIPT OF THE WORLD  
ASTHMA DAY WEBINAR HOSTED BY  
THE ASTHMA AWARENESS AND  
CARE GROUP (AACG) ON FRIDAY,  
10TH MAY, 2019**

**PREPARED BY: PHARM. NNEAMAKA  
JENNIFER AKANKALI & DR.  
KOSISOCHI CHINWENDU AMORHA**

# WORLD ASTHMA DAY 2019 HEALTH PROFESSIONALS' SEMINAR

THEME: **STOP** for ASTHMA



Breathe well... lead a normal life



Asthma Awareness and Care Group



**PHARM. NNEAMAKA AKANKALI**  
(B. Pharm, MPSN)  
(CONVENER)



**Dr. KOSI AMORHA** (AACG coordinator )  
(B.Pharm, Pharm.D, M.Pharm, Ph.D, FPCPharm)  
(FACILITATOR)

**FRIDAY  
MAY 10TH  
2019  
8pm-10pm**



**AACG WHATSAPP GROUP**



<http://www.asthmacaregroup.org.ng>

## INTRODUCTION

Hello!

Welcome to the World Asthma Day 2019 Webinar organized by the **Asthma Awareness and Care Group**.

We are a group of enthusiasts working to improve asthma awareness and care in Nigeria.

Visit [www.asthmacaregroup.org.ng](http://www.asthmacaregroup.org.ng), to know more about us and our activities.

This whatsapp group is currently closed to comments.

This means that only the admins will be able to post updates here.

However, the group will be reopened to comments tomorrow, Friday 10th May 2019, in time for personal introductions.

A schedule of activities will be posted shortly.

Welcome aboard!

Pharm. Nneamaka Akankali (B.Pharm, MPSN)

(Convener)

## **RULES OF ENGAGEMENT**

Here are a few guidelines to ensure that we have a good experience:

(1) Sharing of broadcast messages, adverts, private messages, links and media are not permitted on this group. However, if you feel that you have important information to share, please forward to any of the admins and the necessary actions would be taken.

(2) English is the recognized language of this group. Due to our diversity, we are advised to refrain from the use of indigenous languages and inappropriate words.

(3) It is advisable to use **lower case** letters when typing your comments, questions and contributions, as the use of **UPPER CASE** letters is considered '*shouting*'.

(4) Whatsapp has added a feature which allows you to respond to selected messages privately. To access this, just highlight the desired message by long pressing on it, then click on the three dots at the top right corner of your phone. A drop-down menu will appear. Click on reply privately. This will take you to a private chat with the sender of the selected message. Do take advantage of this feature for private discussions.

Generally, we ask that you maintain decorum and a high sense of professionalism in this group.

Please note that defaulters will be cautioned and subsequently removed if warning is not heeded.

## **SCHEDULE OF ACTIVITIES/ TIPS FOR AN EFFECTIVE WEBINAR**

Hi!

Please read through this message for a schedule of today's activities.

We have also included a few tips to help you have a smooth webinar experience.

### **SCHEDULE OF ACTIVITIES**

2 pm - 7:30 pm: Personal introductions

7:30 pm - 8:00 pm: Introduction of facilitator and preamble

8:00 pm: STOP for Asthma: Dr. Kosi Amorha

9:45 pm – 10 pm: Questions, comments, and contributions

**N.B.** Please follow this format for personal introductions:

**Name**

**Sex**

**Profession (If you are a student, please indicate your course of study and School)**

**Email address**

Here are a few tips to ensure a smooth webinar experience:

- ✓ Ensure that the battery of your device is fully charged and you have enough data to participate, as well as download the media/files that would be shared
- ✓ Taking down notes is an effective way to keep your attention on the discussion. Please keep writing materials handy.
- ✓ Get involved! Respond to questions that would be asked by the facilitator.
- ✓ Avoid distractions and please be punctual.

**Powered by:**

The Asthma Awareness and Care Group (AACG)

Breathe well ... lead a normal life.

## **REASONS FOR THE WEBINAR**

What is the Asthma Awareness and Care Group (AACG)?

The Asthma Awareness and Care Group (AACG) is a group of enthusiasts working to improve asthma awareness and care in Nigeria. According to a report by the International Pharmaceutical Federation (FIP), asthma is one of the top 4 non-communicable diseases with a high rate of mortality.

This is sad, because with prompt treatment and proper management, many asthma-related deaths are preventable.

That is why the AACG has risen up to the task of playing a role in reducing the rate of mortality, by spreading awareness and improving management of this disease.

You are encouraged to explore the site [www.asthmacaregroup.org.ng](http://www.asthmacaregroup.org.ng) to know more about what we do, see our past projects, and register as a volunteer and health professional. You can also register under asthma caregiver and/or asthma patient, if you fall into the categories.

The World Asthma Day is usually marked on the first Tuesday in the month of May. This year, 2019, it fell on the 7th of May. Members of the AACG launched 30-second video campaigns, promoting asthma awareness and care across various social media platforms.

To locate some of the videos, please search for the hashtags #AACG, #WorldAsthmaDay2019, #STOPforAsthma, #GINA, #WAD2019, #FIP on Facebook, LinkedIn, Twitter or Instagram.

Next up, I will be introducing our convener and facilitator.



**PHARM. NNEAMAKA JENNIFER AKANKALI  
(THE CONVENER)**

### **INTRODUCTION OF THE CONVENER**

Nneamaka is a pharmacist who is passionate about public health with an interest in research.

She offers Pharmaceutical Care services at the Rivers State University Teaching Hospital, Port Harcourt, where she was deployed to serve as a Youth Corp member under the National Youth Service scheme.

Graduating with a Bachelor of Pharmacy (B.Pharm) Degree from the University of Nigeria, Nsukka (UNN), and being inducted into the Pharmacists Council of Nigeria (PCN), can be marked as one of her great achievements in life. However, Nneamaka counts the impact she has made in the lives of people an even greater achievement.

Asides her various certifications in Leadership and Management in Health from the University of Washington, and Procurement and Supply Chain Management of Pharmaceuticals from United Nations Development Programme, Nneamaka intends to further pursue postgraduate degrees in Public Health.

Her desire to make the world a better place through knowledge sharing is the reason she lends her voice in advocacy for improved awareness and care of asthma under the aegis of the Asthma Awareness and care group (AACG). She also volunteers as a counsellor for Mentally Aware Nigeria Initiative (MANI).

Nneamaka is also passionate about Global health solutions to improve accessibility to quality and affordable medicines and healthcare for the underserved. She believes that professional and volunteering opportunities should be seized to learn, improve and add value to the world around her.



**DR. KOSISOCHI CHINWENDU AMORHA  
(THE FACILITATOR)**

### **BRIEF PROFILE OF DR. KOSI AMORHA**

Kosi is a pharmacist with bias for clinical pharmacy practice, academics and research.

He lectures at the Department of Clinical Pharmacy and Pharmacy Management, Faculty of Pharmaceutical Sciences, University of Nigeria, Nsukka where he obtained his Ph.D with distinction. He is a Fellow of the West African Postgraduate College of Pharmacists, WAPCP (FPCPharm). He also supervises pharmacists in the Faculty of Clinical Pharmacy, WAPCP. He completed his Masters in Clinical Pharmacy (M.Pharm) with distinction at the University of Lagos after obtaining his Bachelor of Pharmacy (B.Pharm) degree from the University of Nigeria, Nsukka (UNN). He is also a graduate of the Nigerian Institute of Management (GNIM) with a Proficiency Certificate in Management, NIM (Chartered).

Kosi passionately advocates for asthma self-management in Nigeria. For his Ph.D, he researched on, “Pharmacist-led interventions in asthma self-management programs and the effect on health outcomes in Nigeria.” He proactively educates asthmatic patients on their disease state, medications and devices. He is the initiator and coordinator of the Asthma Awareness and Care Group (AACG).

He also equips emerging pharmacists with the knowledge, skills, and abilities to excel in the pharmacy profession. He has been invited to speak to many Clubs on health and drug-related issues, career, etiquette etc. He mentors many students and is a Patron for different Clubs.

Kosi is very open to volunteerism and looks forward to collaborating with other health professionals, pharmaceutical companies, non-governmental organizations (NGOs), the government and sponsors in reducing asthma-related deaths in Nigeria.



**TOTAL NUMBER OF PARTICIPANTS: 250**

**NUMBER OF PARTICIPANTS WHO INTRODUCED THEMSELVES: 139  
(MALES = 80; FEMALES = 59)**

**5/10/19, 7:26 PM - Asthma Awareness and Care Group:** Esteemed participants,

**5/10/19, 7:28 PM - Asthma Awareness and Care Group:** You are all welcome to the World Asthma Day 2019 Webinar, powered by the Asthma Awareness and Care Group.

**5/10/19, 7:32 PM - Asthma Awareness and Care Group:** Please note that this group is for health professionals. Despite the high turnout of pharmacists, be rest assured that we are a diverse group and we promote inclusivity. Please feel at home.

**5/10/19, 7:37 PM - Asthma Awareness and Care Group:** My name is Nneamaka Akankali. I am a pharmacist and a member of the Asthma Awareness and Care Group (AACG).

**5/10/19, 7:39 PM - Asthma Awareness and Care Group:** What is the Asthma Awareness and Care Group (AACG)?

**5/10/19, 7:40 PM - Ifebuche joined using this group's invite link**

**5/10/19, 7:45 PM - Asthma Awareness and Care Group:** AACG is a group of enthusiasts working to improve asthma awareness and care in Nigeria. According to a report by the International Pharmaceutical federation (FIP), asthma is one of the top 4 non-communicable diseases with a high rate of mortality.

**5/10/19, 7:45 PM - Asthma Awareness and Care Group:** This is sad, because with prompt treatment and proper management, many asthma-related deaths are preventable.

**5/10/19, 7:48 PM - Asthma Awareness and Care Group:** That is why the AACG has risen up to the task of playing a role in reducing the rate of mortality by increasing awareness and improving management of this disease.

**5/10/19, 7:50 PM - Asthma Awareness and Care Group:** You are encouraged to explore the site [www.asthmacaregroup.org.ng](http://www.asthmacaregroup.org.ng) to know more about what we do, see our past projects, and register as a volunteer and health professional. You can also register under asthma caregiver and/or asthma patient, if you fall into the categories.

**5/10/19, 7:51 PM - +234 817 \*\*\* \*\*1 joined using this group's invite link**

**5/10/19, 7:55 PM - Asthma Awareness and Care Group:** The World Asthma Day is usually marked on the first Tuesday in the month of May. This year, 2019, it fell on the 7th of May. Members of the AACG launched 30-second video campaigns, promoting asthma awareness and care across various social media platforms.

**5/10/19, 7:58 PM - Asthma Awareness and Care Group:** To locate some of the videos, please search for the hashtags #AACG, #WorldAsthmaDay2019, #STOPforAsthma, #GINA, #WAD2019, #FIP on Facebook, LinkedIn, Twitter or Instagram.

**5/10/19, 8:00 PM - Asthma Awareness and Care Group:** Next up, I will be introducing our facilitator

**5/10/19, 8:05 PM - Asthma Awareness and Care Group:** Ladies and gentlemen, please welcome Dr. Kosi Amorha with a round of applause as he takes the floor

**5/10/19, 8:06 PM - +234 703 \*\*\* \*\*2:** You are welcome

**5/10/19, 8:08 PM - Dr. Kosi Amorha:** Good evening wonderful ladies and gentlemen! We appreciate you. Thank you for taking time out of your busy schedule to be here. Thank you Pharmacist Nneamaka Akankali for your efforts in putting this together.

**5/10/19, 8:10 PM - Abigail 219:** You're welcome

**5/10/19, 8:10 PM - Agbor:** Happy to have you here sir

**5/10/19, 8:11 PM - Dr. Kosi Amorha:** In the Asthma Awareness and Care Group, we work as a team. We thank you for showing the team spirit by following Nneamaka's lead. In fact, she instructed me not to type until she tells me to. I hope I have fully complied. Please, let us follow her lead to have a hitch-free webinar.

**5/10/19, 8:11 PM - Dr. Kosi Amorha:** Why Asthma?

**5/10/19, 8:13 PM - Dr. Kosi Amorha:** Asthma is a global health problem affecting all age groups, with increasing prevalence in many developing countries, causing a rising burden for patients and the community.

**5/10/19, 8:14 PM - Dr. Kosi Amorha:** Health professionals, irrespective of specialty, have huge roles to play in the management of asthma.

**5/10/19, 8:14 PM - Dr. Kosi Amorha:** We are glad that you are here.

**5/10/19, 8:14 PM - Dr. Kosi Amorha:** You are highly welcome.

**5/10/19, 8:15 PM - Dr. Kosi Amorha:** Asthma has been climbing the stairs of non-communicable diseases and is now the third in line, behind cardiovascular diseases and diabetes.

**5/10/19, 8:17 PM - Dr. Kosi Amorha:** Asthma affects over 300 million people worldwide, and this should be way higher since it is from the Global Asthma Report of 2014.

**5/10/19, 8:17 PM - Dr. Kosi Amorha:** Let us bring it home.

**5/10/19, 8:17 PM - Dr. Kosi Amorha:** In 2016, ...

**5/10/19, 8:18 PM - Dr. Kosi Amorha:** The Nigerian Thoracic Society reported that about 15 million Nigerians are asthmatic

**5/10/19, 8:18 PM - Dr. Kosi Amorha:** This appears to break the scale! However, in reality, many people are asthmatic and do not even know they are, as they attribute the presenting symptoms to other diseases.

**5/10/19, 8:20 PM - Dr. Kosi Amorha:** Health care providers managing asthma face different issues globally, depending on the local context, the health system and access to resources.

**5/10/19, 8:21 PM - Dr. Kosi Amorha:** In Nigeria, we have our own peculiarities.

**5/10/19, 8:21 PM - Dr. Kosi Amorha:** Thank God we have you!

**5/10/19, 8:22 PM - Dr. Kosi Amorha:** There are different guidelines for the management of asthma which help maintain uniformity in a particular location/country/region.

**5/10/19, 8:23 PM - Dr. Kosi Amorha:** Many of these guidelines are available online.

**5/10/19, 8:25 PM - Dr. Kosi Amorha:** For instance, we have:

- The European Respiratory Society (ERS) guidelines,
- The British Thoracic Society Scottish Intercollegiate Guidelines Network (BTS-SIGN),
- The Global Initiative for Asthma (GINA) Report.

**5/10/19, 8:25 PM - +234 903 \*\*\* \*\*3 joined using this group's invite link**

**5/10/19, 8:26 PM - +234 701 \*\*\* \*\*5 joined using this group's invite link**

**5/10/19, 8:28 PM - Chigozirim:** Taking notes

**5/10/19, 8:29 PM - Dr. Kosi Amorha:** The GINA Report is what is basically used as the reference in Nigeria. Recently, in 2017, The Nigerian Thoracic Society came up with her Nigerian Guidelines for the Management of Asthma. It is work in progress. It still does not have online accessibility and is not available to most health professionals. Hence, we resort to the GINA Report on instances. Importantly, the Nigerian Guidelines for the Management of Asthma is patterned after the GINA Report.

**5/10/19, 8:29 PM - +234 813 \*\*\* \*\*1: Thanks**

**5/10/19, 8:30 PM - Dr. Kosi Amorha:** The GINA Report is not a guideline, but an integrated evidence-based strategy focusing on translation into clinical practice.

**5/10/19, 8:30 PM - Dr. Kosi Amorha:** <https://www.ginasthma.org>

**5/10/19, 8:31 PM - Dr. Kosi Amorha:** The World Asthma Day (WAD) is an annual event organized by GINA.

**5/10/19, 8:32 PM - Dr. Kosi Amorha:** The first WAD, in 1998, was celebrated in more than 35 countries in conjunction with the First World Asthma Meeting held in Barcelona, Spain.

**5/10/19, 8:34 PM - +234 818 \*\*\* \*\*4 joined using this group's invite link**

**5/10/19, 8:34 PM - +234 706 \*\*\* \*\*3: You are welcome Sir**

**5/10/19, 8:35 PM - Dr. Kosi Amorha:** Now that we have briefly introduced these, we would want to mention that at the end of this webinar, we hope we must have understood the meaning of the *STOP* in the theme for the WAD 2019, "STOP for Asthma."

**5/10/19, 8:35 PM - +234 708 \*\*\* \*\*1 joined using this group's invite link**

**5/10/19, 8:35 PM - Dr. Kosi Amorha:** We would take the alphabets one after the other.

**5/10/19, 8:36 PM - Dr. Kosi Amorha:** Nneamaka Akankali, our convener, please can we go on?

**5/10/19, 8:37 PM - Asthma Awareness and Care Group:** Yes we can. Thank you sir for that wonderful introduction.

**5/10/19, 8:38 PM - Dr. Kosi Amorha:** Ok. We start with the *S*

**5/10/19, 8:39 PM - Dr. Kosi Amorha:**

- ✓ **Symptom Evaluation**
- Test Response
- Observe and Assess
- Proceed to Adjust Treatment

**5/10/19, 8:39 PM - Dr. Kosi Amorha:** *Symptom Evaluation*

**5/10/19, 8:41 PM - Dr. Kosi Amorha:** Thankfully, we are health professionals. Please pardon me if I am rather condescending in the explanations. We might do so, to carry all of us along. And to refresh our knowledge on what some of us might already know.

**5/10/19, 8:43 PM - +234 810 \*\*\* \*\*3 joined using this group's invite link**

**5/10/19, 8:44 PM - Dr. Kosi Amorha:** In asthma, the tracheo-bronchial tree exhibits increased responsiveness to various stimuli, manifested in the widespread swelling and narrowing of this tree leading to *multiple symptoms*. Thus, asthma is a syndrome.

**5/10/19, 8:45 PM - Dr. Kosi Amorha:** Asthma causes symptoms such as **wheezing, shortness of breath, chest tightness and cough**.

**5/10/19, 8:46 PM - Dr. Kosi Amorha:** These symptoms vary over time in their *occurrence, frequency and intensity*.

**5/10/19, 8:47 PM - Dr. Kosi Amorha:** These variations with time mean that asthma can be reversible either *spontaneously* or *with medications*.

**5/10/19, 8:48 PM - Dr. Kosi Amorha:** These symptoms may be worsened by **triggers**

**5/10/19, 8:50 PM - Dr. Kosi Amorha:** Asthma triggers include:

- Viral infections (e.g. cold and flu),
- Allergens at home or work (e.g. house dust mite, pollens, cockroach, moulds, animals)
- Tobacco smoke
- Exercise
- Stress ...

**5/10/19, 8:50 PM - Dr. Kosi Amorha:** Others include:

**5/10/19, 8:51 PM - Dr. Kosi Amorha:**

- Emotions
- Pollution
- Sex
- Weather changes
- Hormones (such as in pregnancy or just before periods)
- Food (for some people, groundnuts, eggs, fish, tiger nuts, cow's milk)
- Some drugs ...

**5/10/19, 8:52 PM - Dr. Kosi Amorha:** Some drugs like beta blockers and in some patients, aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs)

**5/10/19, 8:53 PM - Dr. Kosi Amorha:** Furthermore, there could be **asthma flare-ups**

**5/10/19, 8:55 PM - Dr. Kosi Amorha:** In asthma flare-ups (also called exacerbations or attacks), the symptoms occur abruptly and worsen rapidly within a short time.

**5/10/19, 8:55 PM - +234 810 \*\*\* \*\*8 joined using this group's invite link**

**5/10/19, 8:56 PM - Dr. Kosi Amorha:** It can be fatal and is more common and more severe when asthma is *uncontrolled*, or in some *high risk patients*

**5/10/19, 8:57 PM - +234 806 \*\*\* \*\*8 joined using this group's invite link**

**5/10/19, 8:57 PM - Dr. Kosi Amorha:** However, flare-ups may occur even in people taking asthma treatment, so all patients should have an *Asthma Action Plan*

**5/10/19, 8:58 PM - Asthma Awareness and Care Group:** Interesting

**5/10/19, 8:58 PM - Dr. Kosi Amorha:** To handle these symptoms, asthma treatment should be customized to the individual patient.

**5/10/19, 8:58 PM - +234 806 \*\*\* \*\*6 joined using this group's invite link**

**5/10/19, 8:59 PM - Dr. Kosi Amorha:** Inhalers are the most common and effective way to take asthma medications because the medicine goes straight into the lungs.

**5/10/19, 8:59 PM - +234 810 \*\*\* \*\*7 joined using this group's invite link**

**5/10/19, 9:00 PM - +234 906 \*\*\* \*\*5 joined using this group's invite link**

**5/10/19, 9:02 PM - Dr. Kosi Amorha:** There are two main types of inhalers:

- **Relievers (or rescue) inhalers** which give rapid relief from symptoms
- **Controllers** which help control the swelling and inflammation in the airways and by so doing, help prevent asthma attacks.

Asthmatic patients might be placed on *controllers* to use daily, even when they feel well.



**5/10/19, 9:03 PM - +234 813 \*\*\* \*\*5: Welcome sir**

**5/10/19, 9:03 PM - Dr. Kosi Amorha:** To monitor these symptoms, asthmatic patients are advised to have an *Asthma Control Diary*

**5/10/19, 9:04 PM - +234 902 \*\*\* \*\*1 joined using this group's invite link**

**5/10/19, 9:05 PM - Dr. Kosi Amorha:** In this diary, they document how they feel when they wake up in the morning and at night, just before they sleep. They also document their *Peak Exploratory Flow Rate* (PEFR)

**5/10/19, 9:06 PM - Dr. Kosi Amorha:** A standard Asthma Control Diary was developed by Prof. Elizabeth Juniper of the University of Alberta, Canada.

**5/10/19, 9:06 PM - +20 110 \*\*\* \*\*9 joined using this group's invite link**

**5/10/19, 9:07 PM - Dr. Kosi Amorha:** Our Convener, Nneamaka Akankali, please can we proceed to the next alphabet?

**5/10/19, 9:08 PM - Asthma Awareness and Care Group:** Yes we can. If you are just joining in, welcome! Stay tuned.

**5/10/19, 9:09 PM - Dr. Kosi Amorha:** Ok. Thank you.

**5/10/19, 9:09 PM - Dr. Kosi Amorha:**

- ✓ Symptom Evaluation
- ✓ **Test Response**
- Observe and Assess
- Proceed to Adjust Treatment

**5/10/19, 9:09 PM - Dr. Kosi Amorha:** *Test Response*

**5/10/19, 9:11 PM - Dr. Kosi Amorha:** The patient, our patient, might have all or some of the symptoms previously listed. (S)he might have been prescribed medications that most likely include (an) inhaler(s).

**5/10/19, 9:12 PM - Dr. Kosi Amorha:** Here, we want to know how well he or she is improving

**5/10/19, 9:13 PM - Dr. Kosi Amorha:** We want our patients to have:

**5/10/19, 9:14 PM - +234 813 \*\*\* \*\*9 joined using this group's invite link**

**5/10/19, 9:15 PM - Dr. Kosi Amorha:**

- No daytime symptoms
- No nighttime awakening due to asthma
- No exacerbations
- No need for rescue medication
- No limitation of activities, including exercise
- No emergency care visits
- Minimal side effects from medications

**5/10/19, 9:15 PM - +234 810 \*\*\* \*\*2 joined using this group's invite link**

**5/10/19, 9:16 PM - Dr. Kosi Amorha:** A simple way to test the response can be with the *Asthma Control Test (ACT)*

**5/10/19, 9:17 PM - Dr. Kosi Amorha:** The ACT is a quick, simple and reliable way to assess asthma.

It measures how well asthma symptoms have been controlled over the last four weeks.

**5/10/19, 9:18 PM - Dr. Kosi Amorha:** ... It is free and can be photocopied without fear of breaching copyright laws.

**5/10/19, 9:18 PM - Dr. Kosi Amorha:** As simple as it is, it helps asthmatic patients.

**5/10/19, 9:19 PM - Dr. Kosi Amorha:** It is a 5-item questionnaire with a minimum score of 1 and maximum score of 5 per item.

The higher the score, the better the asthma control.

**5/10/19, 9:19 PM - Dr. Kosi Amorha:** At the end, this is how to evaluate the ACT score ...

**5/10/19, 9:21 PM - Dr. Kosi Amorha:** Score of:

- 5 - 19 : *Poorly* controlled
- 20 - 24 : *Well* controlled
- 25 : *Totally* controlled

**5/10/19, 9:22 PM - Dr. Kosi Amorha:** We want our patients to be totally controlled or at least well-controlled, with the aim of being totally controlled.

**5/10/19, 9:25 PM - Dr. Kosi Amorha:** A patient who uses the reliever (rescue) inhaler e.g. salbutamol inhaler *frequently* and always has to go for a refill so as to live with the symptoms, is *poorly controlled*.

**5/10/19, 9:26 PM - Dr. Kosi Amorha:** Another way to test response is to use the spirometer or peak flow meter.

**5/10/19, 9:26 PM - +234 813 \*\*\* \*\*9: Wao**

**5/10/19, 9:27 PM - Dr. Kosi Amorha:** The spirometer can be accessed in hospitals and requires medical expertise.

**5/10/19, 9:27 PM - Dr. Kosi Amorha:** However, the peak flow meter comes in handy for self-management.

**5/10/19, 9:28 PM - Dr. Kosi Amorha:** In chronic disease states like asthma, we promote self-management

**5/10/19, 9:28 PM - Dr. Kosi Amorha:** The peak flow meter is to the *lungs* what the sphygmomanometer is to the *heart*.

**5/10/19, 9:30 PM - Dr. Kosi Amorha:** The peak flow meter which measures the *peak expiratory flow rate* is an objective way to measure lung functioning.

**5/10/19, 9:31 PM - Dr. Kosi Amorha:** Another way to test response is by the use of the *Asthma Action Plan*

**5/10/19, 9:32 PM - Dr. Kosi Amorha:** The Asthma Action Plan is usually a written instruction that tells patients what to do between their *Asthma Reviews*

**5/10/19, 9:32 PM - +234 812 \*\*\* \*\*1 joined using this group's invite link**

**5/10/19, 9:33 PM - Dr. Kosi Amorha:** If there is an asthma attack, the understanding of the asthma action plan would make the patient be informed as to how high to increase the dose of the medication(s) or how to reduce the dose when well-controlled.

**5/10/19, 9:34 PM - Dr. Kosi Amorha:** Our convener, Nneamaka Akankali, please can we proceed to the next alphabet?

**5/10/19, 9:35 PM - Asthma Awareness and Care Group:** The next alphabet is O.

**5/10/19, 9:35 PM - +234 816 \*\*\* \*\*0:** Sorry to interrupt

**5/10/19, 9:35 PM - +234 816 \*\*\* \*\*0:** Please are the participants still attentive?

**5/10/19, 9:35 PM - Asthma Awareness and Care Group:** We can proceed. We welcome those just coming in. Please stay tuned

**5/10/19, 9:36 PM - Dr. Kosi Amorha:**

- ✓ Symptom Evaluation
- ✓ Test Response
- ✓ **Observe and Assess**
- Proceed to Adjust Treatment

**5/10/19, 9:36 PM - +234 701 \*\*\* \*\*5:** Oh yeah

**5/10/19, 9:36 PM - +234 813 \*\*\* \*\*9:** Yes, we are

**5/10/19, 9:36 PM - +234 813 \*\*\* \*\*9:** Yea

**5/10/19, 9:36 PM - Dr. Kosi Amorha:** *Observe and Assess*

**5/10/19, 9:37 PM - Asthma Awareness and Care Group:** Thank you for your question. I believe we are

**5/10/19, 9:37 PM - Dr. Kosi Amorha:** Ok. Do we proceed?

**5/10/19, 9:38 PM - Asthma Awareness and Care Group:** Please do

**5/10/19, 9:38 PM - Dr. Kosi Amorha:** Ok. Thank you.

**5/10/19, 9:39 PM - +234 810 \*\*\* \*\*6:** Yes

**5/10/19, 9:39 PM - Dr. Kosi Amorha:** For the "O", we all have responsibilities just like for the other alphabets.

**5/10/19, 9:39 PM - +234 806 \*\*\* \*\*\*3:** Yes o

**5/10/19, 9:39 PM - +234 803 \*\*\* \*\*\*8:** Yes, patiently following

**5/10/19, 9:39 PM - Dr. Kosi Amorha:** We need to check the inhaler techniques.

**5/10/19, 9:40 PM - Dr. Kosi Amorha:** From research, conducted within and outside Nigeria, poor inhaler techniques is one of the major reasons for *therapeutic failure*

**5/10/19, 9:40 PM - +234 708 \*\*\* \*\*\*4** joined using this group's invite link

**5/10/19, 9:41 PM - Dr. Kosi Amorha:** We all need to always check inhaler techniques and ensure that our patients re-demonstrate how to use these inhalers to us.

**5/10/19, 9:42 PM - Dr. Kosi Amorha:** Here, we also re-assess their knowledge of the use of the peak flow meter.

**5/10/19, 9:43 PM - Dr. Kosi Amorha:** Note that health professionals have also been found to be deficient in the use of these devices. Hence, the more reason for patience with our patients.

**5/10/19, 9:44 PM - Dr. Kosi Amorha:** Also, we are to check their *Asthma Control Diary*. It could help us identify their asthma triggers!

**5/10/19, 9:46 PM - Dr. Kosi Amorha:** We also re-assess how well they understand their *Asthma Action Plan*.

They should understand it well enough to make **informed** decisions.

These decisions could be critical and might need to be made fast!

**5/10/19, 9:46 PM - Dr. Kosi Amorha:** Here, we also make *referrals*

**5/10/19, 9:47 PM - Dr. Kosi Amorha:** I am glad that we have different health professionals here.

Making referrals, when necessary, is in the best interest of our patient who is at the centre of it all.

**5/10/19, 9:47 PM - Dr. Kosi Amorha:** We also encourage them to go for their *Asthma Review*

**5/10/19, 9:48 PM - Dr. Kosi Amorha:** An asthma review is an appointment with the doctor to talk about asthma and ways to better manage the symptoms.

**5/10/19, 9:49 PM - Dr. Kosi Amorha:** Asthmatic patients should always have a review at least once a year, even if they feel well.

**5/10/19, 9:50 PM - Dr. Kosi Amorha:** Asthma reviews are worth the time, as during these reviews, doctors are expected to:

- Ask about asthma symptoms
- Check the PEFR
- Check inhalers and dose
- Update the Asthma Action Plan
- Answer any questions

**5/10/19, 9:51 PM - Dr. Kosi Amorha:** Our convener, Nneamaka Akankali, please can we proceed to the last alphabet?

**5/10/19, 9:51 PM - +234 813 \*\*\* \*\*9:** We are going

**5/10/19, 9:52 PM - +234 802 \*\*\* \*\*7** joined using this group's invite link

**5/10/19, 9:53 PM - Asthma Awareness and Care Group:** Yes we can. Ride on sir. I trust we are following. Please get your questions ready. You can start forwarding them privately to the group admins

**5/10/19, 9:54 PM - Dr. Kosi Amorha:** Ok. Thank you. Brilliant idea!

**5/10/19, 9:54 PM - Dr. Kosi Amorha:**

- ✓ Symptom Evaluation
- ✓ Test Response
- ✓ Observe and Assess
- ✓ **Proceed to Adjust Treatment**

**5/10/19, 9:54 PM - Dr. Kosi Amorha:** *Proceed to Adjust Treatment*

**5/10/19, 9:55 PM - Dr. Kosi Amorha:** Asthma treatment should be customized to the individual patient.

**5/10/19, 9:56 PM - Dr. Kosi Amorha:** We need to consider their risk factors for exacerbations, preferences, phenotypic characteristics, cost etc

**5/10/19, 9:56 PM - Dr. Kosi Amorha:** Treat every asthmatic patient as an *individual*.

**5/10/19, 9:57 PM - Dr. Kosi Amorha:** Treatment should be started at the step most appropriate to initial severity.

The aim is to achieve early control.

**5/10/19, 9:58 PM - Dr. Kosi Amorha:** Subsequently, control is maintained by:

Stepping up treatment, as necessary and stepping down when control is good.

**5/10/19, 9:59 PM - Dr. Kosi Amorha:** The dose of the inhaled corticosteroid should be reduced slowly, if need be.



**5/10/19, 10:00 PM - Dr. Kosi Amorha:** Before initiating a new drug therapy, check:

- Adherence to therapy
- Inhaler technique
- Eliminate trigger factors

**5/10/19, 10:01 PM - Dr. Kosi Amorha:** These three items listed above could be the reason for the poorly controlled asthma.

**5/10/19, 10:01 PM - Dr. Kosi Amorha:** Fortunately ...

**5/10/19, 10:02 PM - Dr. Kosi Amorha:** Asthma can be effectively treated, and most patients can achieve good control of their asthma.

**5/10/19, 10:03 PM - Dr. Kosi Amorha:** Some popular sportsmen and women are asthmatic

**5/10/19, 10:03 PM - Dr. Kosi Amorha:** David Beckham, Paul Scholes, Frank Lampard (footballers), Paula Radcliffe (marathoner), are examples

**5/10/19, 10:04 PM - Dr. Kosi Amorha:** Thank you!

**5/10/19, 10:05 PM - +234 706 \*\*\* \*\*3:** Respect Sir

**5/10/19, 10:05 PM - +234 703 \*\*\* \*\*1:** Wow!

This is good

**5/10/19, 10:05 PM - Asthma Awareness and Care Group:** A round of applause for our facilitator

**5/10/19, 10:05 PM - +234 706 \*\*\* \*\*3:** Thanks so much for this lecture

**5/10/19, 10:05 PM - +234 705 \*\*\* \*\*5:** This is good

**5/10/19, 10:06 PM - +234 816 \*\*\* \*\*0:** woozaaa! Awesome

**5/10/19, 10:06 PM - Asthma Awareness and Care Group:** We are already behind schedule. We will quickly go into the question section.

**5/10/19, 10:07 PM - Stanley:** Wow

**5/10/19, 10:07 PM - Stanley:** This is awesome

**5/10/19, 10:07 PM - +234 706 \*\*\* \*\*7:** Rolling back the years...A complete master class, Sir

**5/10/19, 10:07 PM - +234 813 \*\*\* \*\*5:** This is beautiful sir

**5/10/19, 10:08 PM - Asthma Awareness and Care Group:** Thank you so much Dr. Kosi for sharing your knowledge with us. We have a few questions to ask

**5/10/19, 10:09 PM - +234 813 \*\*\* \*\*5:** I still recall forgetting one of these that D-day.

**5/10/19, 10:09 PM - Asthma Awareness and Care Group:**

QUESTIONS:

1. Can pharmacists completely diagnose and manage asthma in community settings?
2. In case of Status Asthmaticus which is an emergency situation, is it within our (pharmacists') reach to administer parenteral preparations to asthma patients?
3. Can asthma be cured?

**5/10/19, 10:09 PM - Dr. Kosi Amorha:** Thank you all for staying up for the discussion. We are already a formidable team with you.

**5/10/19, 10:09 PM - Dr. Kosi Amorha:** Please go ahead.

**5/10/19, 10:10 PM - Dr. Kosi Amorha:** Ok, let's start with these.

**5/10/19, 10:17 PM - Dr. Kosi Amorha:**

**Question 1**

Pharmacists are to collaborate with other members of the healthcare team for the diagnosis and management of asthma in community settings.

Never in isolation.

If a community pharmacist suspects that a patient is asthmatic probably based on the symptoms presented or PEFR, he should refer the patient to a physician.

In some instances, general practitioners also refer to Consultant Pulmonologists who are the specialists in the diagnosis of the disease.

Community pharmacists have colossal roles to play in this regard as they are readily accessible and most patients would most likely come to them first to lodge their complaints.

Identify the patient, refer for diagnosis, patient comes to you to fill prescriptions, monitor patient and teach self-management.

**5/10/19, 10:20 PM - +234 816 \*\*\* \*\*6 joined using this group's invite link**

**5/10/19, 10:20 PM - +234 703 \*\*\* \*\*1:** No. 2 is very important.

Can it be done in community pharmacy?

**5/10/19, 10:23 PM - +234 703 \*\*\* \*\*1:** Q: How many times do you need to check the PEFR of a patient before diagnosis?

**5/10/19, 10:26 PM - Dr. Kosi Amorha:**

**Question 2**

- Just to clarify, *Status asthmaticus* is an asthmatic attack unresponsive to initial treatment with bronchodilators.
- It is a medical emergency and requires urgent treatment. However, patients usually have signs that show deteriorating asthma way before this. Also, the PEFr readings taken daily would show when the patient is in the *Red Zone*.
- We should strive to ensure that our patients are informed enough not to get to this red zone.
- Community pharmacists are not meant to administer parenterals, for instance, aminophylline ...

**5/10/19, 10:27 PM - +234 806 \*\*\* \*\*7 joined using this group's invite link**

**5/10/19, 10:28 PM - Dr. Kosi Amorha:**

- Pharmacists are not backed by the law, at the moment, in Nigeria, to administer parenterals, and would be at the wrong side of the divide if anything goes wrong.

**5/10/19, 10:28 PM - Dr. Kosi Amorha:**

- Aminophylline, for instance, is given by slow IV and is prone to toxicity.

**5/10/19, 10:29 PM - Dr. Kosi Amorha:**

- The patient has to be closely monitored for signs of nausea or vomiting.

**5/10/19, 10:30 PM - Dr. Kosi Amorha:**

- A community pharmacist can have a nebulizer in his/her pharmacy

**5/10/19, 10:30 PM - Dr. Kosi Amorha:**

- In acute severe asthma, pharmacists can nebulize patients.

**5/10/19, 10:31 PM - +234 703 \*\*\* \*\*1: Right**

**5/10/19, 10:31 PM - +234 706 \*\*\* \*\*3: Great! Thanks a lot Pharm. Dr. Kosi**

**5/10/19, 10:32 PM - Dr. Kosi Amorha:**

- When the patient is stable, he/she can be referred immediately to see the doctor.

**5/10/19, 10:32 PM - Asthma Awareness and Care Group:**

MORE QUESTIONS:

- 4) Is Asthma genetic? If yes, is there anything I can do to stop it from being passed to my kids?
- 5) With respect to the known side effects of inhaled corticosteroid on children, should it still be considered the mainstay of managing asthma in children? Are there better alternatives physicians can use?
- 6) For patients that can't afford inhalers especially preventers/controllers, can they be properly managed with tablets? Can prednisolone tab alone be used to abort status asthmaticus in the absence of rescue inhaler?
- 7) Are there government supported programs that are geared towards reduction in the cost of asthma treatment?
- 8) How many times does one need to check the PEFr of a patient before diagnosis?

**5/10/19, 10:32 PM - +234 701 \*\*\* \*\*6 joined using this group's invite link**

**5/10/19, 10:35 PM - Dr. Kosi Amorha:**

### Question 3

- Asthma can be treated such that the patient achieves total control, ACT Score = 25.
- However, as health professionals, we should be careful with the word "*cure*", as sometimes, the patients feel they are totally healed, throw caution to the wind and expose themselves to triggers they were previously avoiding.
- Rather than cured, we would rather say the patient is **totally controlled**.

5/10/19, 10:37 PM - +234 706 \*\*\* \*\*3: Noted

5/10/19, 10:38 PM - +234 809 \*\*\* \*\*9: Thank you sir

5/10/19, 10:39 PM - +234 818 \*\*\* \*\*6: Like other chronic illnesses, asthma can only be *well controlled*, not *cured*.

5/10/19, 10:43 PM - Dr. Kosi Amorha:

### Question 4

- *Genes load the gun, environment pulls the trigger.*
- You cannot control the genes but you can control the environment.
- Be that as it may, not all asthma is genetic. Some are intrinsic e. g. exercise-induced (as occurs in many sportsmen) or occupational-induced. This might not be passed to your children.
- For your children, however, avoid possible asthma triggers. Anything you know as an asthma trigger.
- Observe them closely.

- You can check their PEFr when they are above 6 years. If they have any symptoms suggestive of asthma, document in a diary and try to identify the activities around the symptoms.
- Once you identify any trigger, keep avoiding it.

**5/10/19, 10:43 PM - +234 813 \*\*\* \*\*5:** I really enjoyed this I really have missed listening to lectures

**5/10/19, 10:45 PM - Dr. Kosi Amorha:**

**Question 5**

- Great question. The GINA Report was updated last month.
- It comes with the most important change in asthma management in 30 years ...

**5/10/19, 10:49 PM - +234 813 \*\*\* \*\*5:** Nice Presentation Sir @2348038539349

**5/10/19, 10:49 PM - +234 813 \*\*\* \*\*5:** Genes load the gun ... Environment pulls the trigger ... Nice one.

**5/10/19, 10:52 PM - Dr. Kosi Amorha:**

- For safety, GINA no longer recommends treatment with short-acting beta 2 agonists (SABA) alone.
- There is strong evidence that SABA-only treatment, although providing short-term relief of asthma symptoms, does not protect patients from severe exacerbations, and that regular and frequent use of SABAs increases the risk of exacerbations.
- GINA now recommends that all adults and adolescents with asthma should receive either symptom-driven (in mild asthma) or daily low-dose inhaled corticosteroid (ICS)-containing controller treatment, to reduce their risk of serious exacerbations.

- Now to your question, ICS are not usually used in children less than 4 years old, unless prescribed by a pulmonologist with strong reasons ... The inhaler devices for the inhaled corticosteroids require the patient to inhale forcefully and deeply. This might not be possible for very young children.

**5/10/19, 10:57 PM - Dr. Kosi Amorha:**

- Management of asthma in children is more difficult, because of the considerations for the use of corticosteroids. However, pulmonologists also give oral corticosteroids in combination with SABAs to control this class of patients, when necessary.
- Leukotriene antagonists such as montelukast usually come in handy.

**5/10/19, 10:57 PM - Dr. Kosi Amorha:** Children as young as 6 months old can be prescribed *montelukast* as a controller medication.

**5/10/19, 11:02 PM - Dr. Kosi Amorha:**

**Question 6**

- Inhalers are the most effective way to take asthma medications. They have minimal systemic side effects since it goes straight to the lungs.
- For instance, 1 puff of salbutamol inhaler contains 100 micrograms as compared to a tablet of salbutamol that may be 2 mg or 4 mg. Some patients exhibit tremors while on the tablets due to its cardiac effects.
- Also, oral corticosteroids are not used in the early steps of asthma management in adults but reserved for the last step.
- Inhalers are what we would prefer our patients to use.

**5/10/19, 11:05 PM - Dr. Kosi Amorha:**

**Question 7**



- Prednisolone tablet would have a slow onset of action.
- In a medical emergency, we might lose the patient.

**5/10/19, 11:10 PM - Dr. Kosi Amorha:**

**Question 8**

- This would be most welcome.
- There is none at the moment as most asthmatic patients pay for their medications out-of-pocket.
- During a research, we found that some asthmatic patients to cut costs were using their controller inhalers every other day, once daily or sometimes once-a-week because they felt fine and did not want their medications to get exhausted in time (as against using it twice daily).
- The result? More emergency care visits.

**5/10/19, 11:11 PM - +234 706 \*\*\* \*\*7:** Interesting.

**5/10/19, 11:14 PM - Dr. Kosi Amorha:**

**Question 9**

- The patient should document the PEFr in the Asthma Control Diary for at least a month.
- Monitor the symptoms and variations and see if it can be attributed to any event.
- The GINA Report recommends the use of **both** *symptom-monitoring* and *PEFR* to diagnose patients.

**5/10/19, 11:16 PM - +234 703 \*\*\* \*\*6:** This is wonderful. Thanks a lot.

**5/10/19, 11:20 PM - Asthma Awareness and Care Group:** Thank you very much Dr. Kosi for taking your time share knowledge and answer our questions.

**5/10/19, 11:21 PM - Asthma Awareness and Care Group:** With this, Ladies and Gentlemen, we call it a day

**5/10/19, 11:21 PM - Asthma Awareness and Care Group:** We apologize for overshooting beyond the estimated time.

**5/10/19, 11:22 PM - +234 706 \*\*\* \*\*7:** Thank you, Dr Kosi. I appreciate your time, Sir.

**5/10/19, 11:22 PM - +234 818 \*\*\* \*\*6:** Thanks for the lecture sir.

**5/10/19, 11:23 PM - +234 706 \*\*\* \*\*3:** Thanks very much Sir. Thanks too, Pharm Nneamaka

**5/10/19, 11:26 PM - +234 813 \*\*\* \*\*6:** Absolutely wonderful  
Thanks Dr Kosi. Thanks Pharm Nneamaka.

**5/10/19, 11:26 PM - Asthma Awareness and Care Group:** And it's a wrap! Thank you for your participation in this webinar. We trust it was worth your time.

If you still have questions, please feel free to share. We assure you that all your questions will be answered.

A PDF document containing the salient points communicated in this seminar will be uploaded on the AACG website. You will be informed as soon as this is done.

We would love to know your thoughts. A link to our feedback form will be made available to you shortly. Please take your time to fill it carefully. Every response will be taken into consideration to help us plan a better experience in the future.

Having said all this,

We cannot say thank you enough for participating in this webinar. All 250 of us have our names knitted into the shawl of this success story.

Your participation means a lot to us.

Don't forget to explore our website at: [www.asthmacaregroup.org.ng](http://www.asthmacaregroup.org.ng)

Click on the *Inhaler Technique* bar, to get access to our video resources.

Click on the *AACG Registration* bar to register as a new user/volunteer.

On behalf of the Asthma Awareness and Care Group and my humble self, I wish you a good night rest.

**Pharm. Nneamaka Akankali**

**(Convener)**

**5/10/19, 11:30 PM - Asthma Awareness and Care Group:** Please note that the group will still be on for the next 48 hrs. We are advised to still adhere to the guidelines of the group which will be re-shared shortly.

**5/10/19, 11:31 PM - +234 813 \*\*\* \*\*6:** Thank you very much Sir for enlightening us.

**5/10/19, 11:40 PM - +234 813 \*\*\* \*\*1:** Thanks to Dr. Kosi and Pharm. Nneamaka. It was wonderful being a participant

**5/10/19, 11:46 PM - +234 810 \*\*\* \*\*7:** Thanks for the Presentation sir. I really appreciate

**5/10/19, 11:48 PM - +234 803 \*\*\* \*\*3:** Thanks you so much Sir! 'Twas a wonderful exposition ...

**5/10/19, 11:49 PM - Dr. Kosi Amorha:** Thank you very much Pharm. Nneamaka Akankali. Your organizational skill for this webinar is top-notch. Do keep it up!

We thank you all for participating.

We can see your names, gender, profession, email addresses. We are pleased to get to know you.

Improving asthma awareness and care in Nigeria would be easier if we work as a team.

We urge you to register on the AACG website, if you have not yet done so. When you do, we expect you to send your biography (and picture) to us, as it would be included to the BIO section. You can use mine as a sample, if need be. We would love to put faces to the names.

Let us continue to improve asthma awareness and care in our communities.

We already see you as *asthma advocates*.

Breathe well ... lead a normal life

**Kind regards,**

**Dr. Kosi Amorha**

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**5/10/19, 11:52 PM - +234 803 \*\*\* \*\*8:** Beautiful lecture

**5/10/19, 11:52 PM - Asthma Awareness and Care Group:** Thank you Dr. Kosi. Your commendation is greatly appreciated.

**5/10/19, 11:58 PM - +234 813 \*\*\* \*\*9:** Thank you very much sir. The lecture was very enlightening

**5/10/19, 11:59 PM - +234 810 \*\*\* \*\*6:** Well done sir.

**5/11/19, 12:03 AM - +234 706 \*\*\* \*\*3:** Thanks for this.

## USEFUL REFERENCES

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