Online Supplement

Original Research
Phone-Based Teach-To-Goal Inhaler Education Program for Medicare Advantage Beneficiaries With COPD

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Supplementary Material

e-Figure 1. Example Inhaler Checklist for Phone-Based Teach-To-Goal

MDI WITH SPACER INHALATION TECHNIQUE CHECKLIST
Trained assessor to read to member: Please show me exactly* how you use your MDI with spacer at home
*If using actual medicine (not placebo) the patient should mimic use (i.e., do not take repeated doses of actual medicine)

	Pre		Post 1		Post 2		Post 3	
	Wrong	Correct	Wrong	Correct	Wrong	Correct	Wrong	Correct
1. Reports removing cap of inhaler and spacer	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
2. Reports attaching inhaler to the back of spacer	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
3. Reports shaking inhaler up and down	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
4. Reports breathing out fully before putting spacer up to mouth	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
5. Reports when breathing out fully (step #4), does so away from spacer	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
6. Reports bringing spacer up to mouth and closes lips around mouthpiece	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
7. Reports activating inhaler by pressing down on canister ONE time	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
8. Reports taking a SLOW, DEEP breath to fill lungs with medicine, without hearing a whistle sound	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
9. Reports holding breath for at least 5 seconds or as long as comfortable (with or without spacer in mouth)	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
10. Reports removing spacer from mouth before breathing normally	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
11. Reports breathing normally for at least 30 to 60 seconds	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
12. Reports repeating for a second puff (if prescribed)	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁	☐₀	☐₁
Member's Score:	___/12		___/12		___/12		___/12	

Score the participant's performance by assigning 1 point to each correct reported step and adding across the 12 steps. If score is less than 12, demonstrate to the participant appropriate technique and repeat inhaler assessment.

Comments:_____

e-Table 1. Attrition Table

Inclusion Criteria	Members Excluded		Members Remaining	
	n	%	n	%
Total interactions in RxConsult			104,621	
Interactions not missing dates	102,181	97.7%	2,440	2.3%
Standard research exclusions (contractually obligated to exclude certain populations from research, e.g., Administrative Services Only plans, residents of U.S. territories)	102,199	97.7%	2,422	2.3%
Participant Age 18-90	102,235	97.7%	2,386	2.3%
Nonmissing LOB	102,245	97.7%	2,376	2.3%
Continuous enrollment for at least 6 months before index date	102,321	97.8%	2,300	2.2%
Continuous enrollment for at least 3 months after index date	102,348	97.8%	2,273	2.2%
Missing covariates (age, sex, geography)	102,348	97.8%	2,273	2.2%
Exclude if pre or post scores > 100%	102,348	97.8%	2,273	2.2%
Exclude if both scores are NA (for pre & post for both coachings)	102,405	97.9%	2,216	2.1%
Exclude if both pre and post scores are zero for singular call	102,431	97.9%	2,190	2.1%
Has two calls for the same inhaler	102,560	98.0%	2,061	2.0%
first and second calls are different dates	102,745	98.2%	1,876	1.8%

e-Table 2. Average assessment scores, overall and by inhaler type

Inhaler	n	Pretraining Assessment	Post Training Assessment	Diff	P Value	Pretraining Assessment	Post Training Assessment	Diff	P Value
Overall	1889	75.72	90.85	15.12	0.00	78.67	93.08	14.41	<0.001
Diskus	33	77.58	92.42	14.85	0.01	83.94	90.91	6.97	0.25
Ellipta	976	77.73	91.65	13.92	0.00	79.24	93.50	14.27	<0.001
Handihaler	46	67.97	91.74	23.77	0.00	76.38	91.59	15.21	<0.001
Inhub	354	79.35	89.93	10.58	0.00	81.55	93.73	12.18	<0.001
MDI	323	71.06	89.24	18.18	0.00	76.72	92.00	15.28	<0.001
Respimat	157	66.53	90.64	24.10	0.00	72.27	92.11	19.84	<0.001
pp = percentage points; MDI = metered-dose inhaler; *n=1889 represents patient-inhaler level data (1876 unique patients with 13 using more than one inhaler)									