

# Acceptability of an Oscillating Positive Expiratory Pressure (OPEP) Device by Respiratory Disease Patients

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**SUMMARY** | A survey of respiratory disease patients highlighted favourable feedback for the Aerobika® OPEP device, in terms of addressing symptom concerns and usability.

## INTRODUCTION

- Despite OPEP therapy being an established treatment in the management of chronic respiratory disease, device satisfaction among users is not well understood. In this study, we investigated whether the Aerobika® OPEP device (TMI) is considered effective and accepted by patients with various respiratory diseases.

## METHODS

- A survey was sent out to patients across Canada who were registered with myAerobika®, a voluntary platform for Aerobika® OPEP users. Questions included asking which symptoms patients found most bothersome, which device attributes were most important, and device satisfaction. Depending on the question, patients were to select one or multiple provided responses.



## RESULTS



- Data was analyzed from 151 patients. Conditions included:

**COPD /chronic bronchitis**  
n=75

**Bronchiectasis**  
n=31

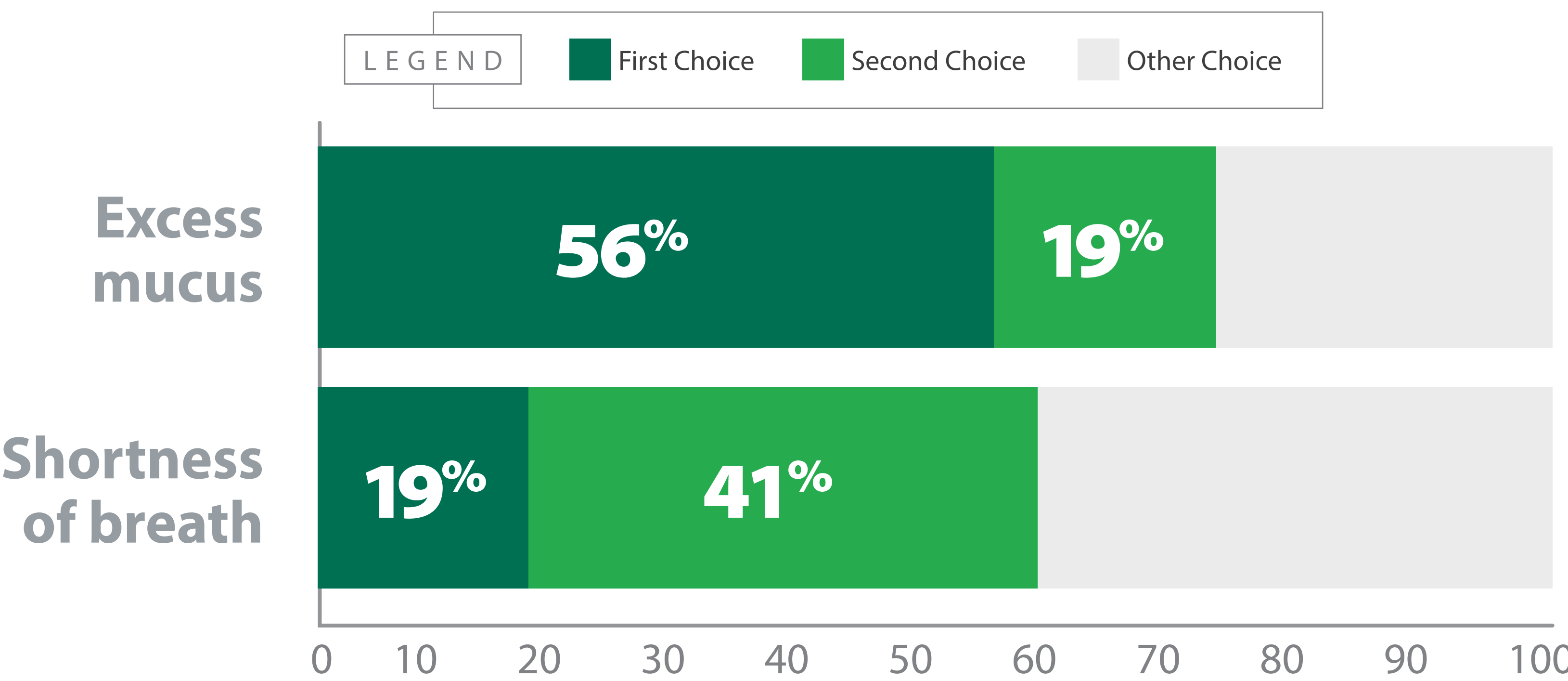
**Asthma**  
n=13

**Respiratory Infection**  
n=12

**Cystic Fibrosis**  
n=5

**Other**  
n=15

## SYMPTOMS



- 75% of patients selected excess mucus as their **first or second most bothersome symptom**, while 60% selected shortness of breath. This finding was generally independent of disease type.

## DEVICE ATTRIBUTES



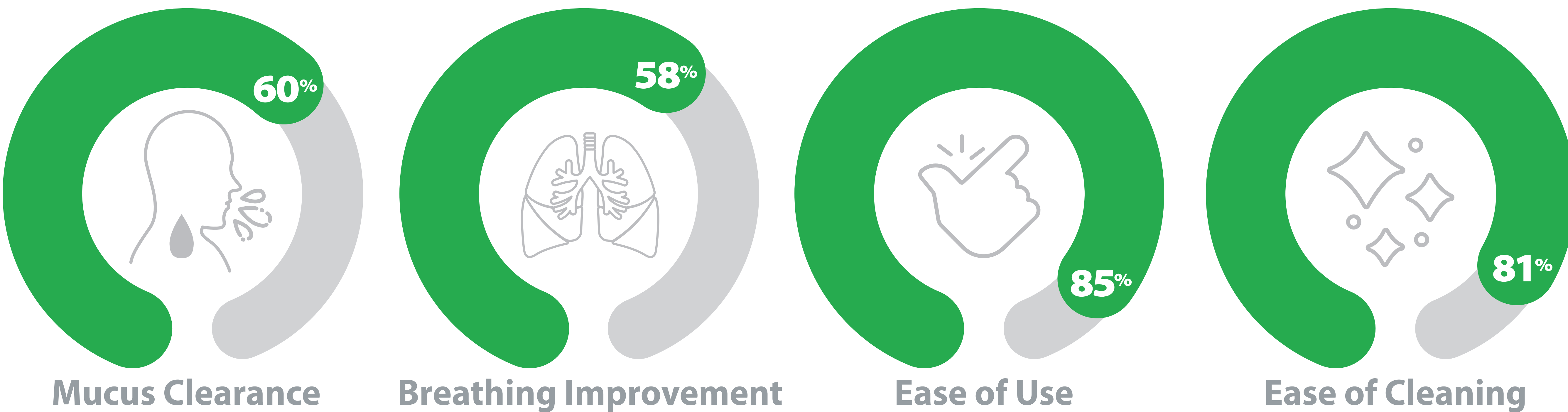
- In terms of the most important device attributes, 70% of patients valued being **easy to use and clean**.

## CONTINUED USE



- The device scored 8.3/10 in terms of **likelihood of continued use**.

## DEVICE SATISFACTION



- Regarding device satisfaction, 60% of patients were **extremely satisfied or very satisfied** with the device's **ability to clear mucus**, and 58% reported such satisfaction for **ability to improve breathing**. 85% and 81% of patients were extremely or very satisfied with the device being **easy to use** and **easy to clean**, respectively.

## CONCLUSIONS

Respiratory disease patients provided favorable feedback for the OPEP device, in terms of both addressing symptom concerns and usability.