Pressurised aerosol deposition in the human lung with and without an “open” spacer device

S P NEWMAN, A R CLARK, N TALAE, S W CLARKE

From the Department of Thoracic Medicine, Royal Free Hospital and School of Medicine, London, and the Pharmaceutical Division, Fisons PLC, Loughborough

ABSTRACT A radiotracer technique has been used to assess aerosol delivery from a pressurised metered dose inhaler, used both with and without a 10 cm cylindrical spacer attachment (Syncroner), which has an open section in its upper surface. The radionuclide technetium-99m (\(^{99m}\text{Tc}\)) was added to sodium cromoglycate in a canister (Intal inhaler; 1 mg/puff); in vitro studies with a multistage liquid impinger showed that the radiolabel acted as a marker for the presence of drug over a wide range of particle sizes. Ten healthy volunteers were studied after they had inhaled from (1) a metered dose inhaler alone (slow inhaled flow rate, about 25 l/min); (2) metered dose inhaler plus spacer (slow flow rate); and (3) metered dose inhaler plus spacer (fast inhaled flow rate, about 100 l/min). Inhalation was coordinated with firing the spray and was followed by 10 seconds’ breath holding. With the metered dose inhaler alone a mean 11.0% (SEM 1.4%) of the dose reached the lungs, compared with significantly higher doses for slow (16.1% (2.2%)) and fast (13.3% (1.7%)) inhalations through the spacer. The distribution pattern within the lungs was significantly more peripheral after slow inhalation. Oropharyngeal deposition was halved by the spacer. The open spacer should teach patients good coordination and delivers more aerosol to the lungs than a correctly used metered dose inhaler.

Introduction

Pressurised metered dose inhalers are used to deliver the prophylactic agent sodium cromoglycate, in addition to the more commonly used bronchodilators and topical corticosteroids. Many patients have a poor inhaler technique, however, and may fail to derive full benefit from these drugs. Poor coordination between firing the metered dose inhaler and inhalation is a major problem, which may be overcome in various ways—for example, by using a nebuliser, dry powder inhaler, or breath actuated metered dose inhaler. Various metered dose inhaler training aids have been described, often providing the patient with aural or visual feedback to indicate the correct time to fire the metered dose inhaler. A spacer device with an open section in its upper surface (Syncroner, fig 1), intended to act as a training aid, was recently described for use with a sodium cromoglycate inhaler (Intal inhaler). If the patient fails to coordinate, a cloud will be seen to emerge from the open part of the spacer; the patient can then adjust the inhalation manoeuvre until little or no aerosol cloud is seen. This paper describes the use of a simple radiolabelling method to determine pressurised aerosol deposition both with a standard metered dose inhaler and with the “open” spacer device and compares the relative efficiency of fast and slow inhalation through the spacer.

Fig 1 Open spacer device (Syncroner, Fisons PLC).
Methods

RADIOTRACER METHOD

A radiotracer method based on that described by Kohler et al.10 was used to label the contents of the metered dose inhalers. About 3 GBq (81 mCi) technetium-99m (99mTc) as pertechnetate was eluted from a radionuclide generator (Amersham International) in a volume of 4 ml. Two drops of ammonia and two drops of tetrachloroanisole, chloroform solvent (TPAC, 1% solution) were added, followed by 4 ml chloroform.9 These were mixed thoroughly in an ultrasonic shaker and then passed through a phase separating filter paper (Whatman 1). About 1.5 GBq 99mTc dissolved in chloroform was collected in an empty aluminium canister, and the chloroform evaporated by compressed air. A sealed canister containing 112 mg sodium cromoglycate (Intal, Fisons PLC) in 5.6 ml chloro-fluorocarbon propellants (Freon-12 and Freon-114 in the ratio 2:3) was cooled to below −60°C and opened with a pipe cutter. The contents were transferred to the canister containing the radiolabel, a metering valve was added, and the canister was immediately sealed by a crimper (Aero-Fill Ltd). The labelled canister was then vibrated in an ultrasonic shaker for five minutes, and the valve primed by discarding the first five metered doses into a filter. Each subsequent metered dose delivered 1 mg sodium cromoglycate plus about 15 MBq 99mTc in 50 µl propellant.

EVALUATION OF RADIOTRACER METHOD

The extent to which the distribution of the 99mTc label resembled that of the drug among different droplet size bands was examined with a multistage liquid impinger similar to that described by Bell et al.10 The impinger comprised four impaction stages to trap droplets of different sizes, a 90° bend or “throat” placed between the inhaler and stage 1, and a filter between stage 4 and a suction pump that drew air through the impinger at 60 l/min. Material collected on the throat, stage 1, and stage 2 is composed of coarse droplets, such as are likely to be deposited in the upper airways, while droplets penetrating to stages 3 and 4 are predominantly under 7 µm in diameter and hence more likely to be inhaled into the lungs.10

Twenty metered doses from four unlabelled metered dose inhalers were delivered to the impinger with the actuator or actuator plus spacer placed at the entrance to the throat. The actuator, spacer, throat, impaction stages, and filter were washed with trichlorofluoro-methane to dissolve the surface active agent (sorbitan trioleate). The washings were filtered individually through 0.45 µm membrane filters to trap the drug particles. After drying, both the membrane filters and the different parts of the impinger system were washed with distilled water and quantities of drug determined by ultraviolet spectrophotometer (Pye Unicam) at a wavelength of 326 nm. The contents of the same sodium cromoglycate metered dose inhalers were then radiolabelled as described above, and the impinger measurements repeated. The radioactivity on actuator, spacer, throat, impaction stages, and filter was determined by a General Electric 400 T gamma camera connected on line to a Nodecrest data processing system, regions of interest being drawn round each zone. After 48 hours’ decay the amount of sodium cromoglycate at each location within the impinger system was determined by spectrophotometric assay.

SUBJECTS

Radioaerosol studies were performed in 10 normal volunteers (six male, four female), whose ages ranged from 20 to 47 years. All the subjects were free of respiratory symptoms; forced expiratory volume in one second (FEV1) ranged from 82% to 108% predicted, and maximum expiratory flow rate at 50% forced vital capacity from 64% to 115% predicted. Six subjects were current smokers (range 1–5 pack years), though four smoked less than five cigarettes daily. Each subject gave informed consent in writing, and the studies were approved by both the ethical practices subcommittee of the hospital and the Administration of Radioactive Substances Advisory Committee.

STUDY PROTOCOL

Three radioaerosol studies were performed on three study days in a randomised order: (1) inhalation from metered dose inhaler alone, with aerosol inhaled at a slow flow rate (about 25 l/min); (2) inhalation from metered dose inhaler plus open spacer (Syncroner), with a slow inhaled flow rate; (3) inhalation from metered dose inhaler plus open spacer, with a fast inhaled flow rate (about 100 l/min).

In each study the metered dose inhaler was placed in a shielded Perspex jig containing a solenoid, which was used by an observer to actuate a single dose from the metered dose inhaler while the subject took a deep inhalation from functional residual capacity to total lung capacity, with the lips closed round the inhaler mouthpiece. This was followed by 10 seconds’ breath holding followed by exhalation via a filter (Inspiron 002290). The inhalation technique for the metered dose inhaler alone has been shown to optimise delivery to the lungs.11 During inhalation from the spacer a specially designed hood was placed over the open section, and air was drawn through the hood at 10 l/min into a further filter to collect any aerosol lost from the open part of the spacer; in vitro tests showed that withdrawing air from the open section of the spacer at this rate did not alter the amount of drug available from the spacer mouthpiece. Inhalation flow...
rate and volume were measured by respiratory induc-
tance plethysmography (Respiritrace Corporation).

Immediately after inhalation, a posterior-anterior
view of the lungs and stomach (100 seconds) and a
right lateral view of the oropharynx (30 seconds) were
obtained by gamma camera. Counts were corrected
for attenuation of gamma rays by tissue during their
passage to the detector with correction factors that
depended on each subject's chest dimensions. On a
single occasion subjects inhaled krypton-81m ($^{81m}$Kr)
gas from a generator (Medical Research Council
Cyclotron Unit) to obtain a posterior-anterior ventila-
tion scan. Subsequently, the 20% contour of the
ventilation scan was superimposed on the aerosol
image to delineate the lung edges on the latter, and
regions of interest were drawn on the aerosol view
around central, intermediate, and peripheral lung
zones (fig 2). Activity detected in mouth, pharynx,
esophagus, and stomach was added and attributed to
aerosol deposited in the oropharynx. The percentages
of the dose deposited on the actuator and spacer and
that lost from the open part of the spacer and
recovered from the exhaled air filter were determined
by comparing count rates with those from a calibra-
tion dose actuated into a beaker of water, two small
scintillation probes being used. That part of the dose
not accounted for in these samples was assumed to be
in the subject and was divided into lung and oroph-
aryngeal fractions according to the gamma camera
counts.

The radiation dose to the lungs from three inhala-
tions of $^{99m}$Tc and a single inhalation of $^{81m}$Kr was
estimated as 200 μGy (20 mrad).

**Statistical Analysis**

Deposition data from the three studies were compared
by the Friedman non-parametric analysis of variance
by ranks; where a result was significant ($p < 0.05$)
pairs of data were tested by the multiple comparison
test described by Conover.13

**Results**

**Evaluation of Radioaerosol Technique**

The distributions of labelled drug, unlabelled drug,
and radioactivity within the impinger system from the
metered dose inhaler alone and from the inhaler with
the spacer were virtually the same (table 1). The major
sites of both drug and radiolabel recovery were on the
apparatus and in the throat; similar amounts of drug
and radiolabel were contained in "respirable" droplets
penetrating to stages 3 and 4. The coefficient of
variation of the count rates of metered doses actuated
into beakers containing water was 4-5%.

**In Vivo Studies**

The distribution of radioaerosol between lungs, oro-

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Mean (SD) distributions of radiolabel and sodium cromoglycate, expressed as percentages of total recovery, with a multistage liquid impinger system</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>MDI alone</em></td>
<td><strong>Labelled MDI (n = 4)</strong></td>
</tr>
<tr>
<td>Actuator</td>
<td>Radiolabel</td>
</tr>
<tr>
<td>Throat</td>
<td>11.8 (0.7)</td>
</tr>
<tr>
<td>Stage 1</td>
<td>51.0 (19.8)</td>
</tr>
<tr>
<td>Stage 2</td>
<td>7.9 (3.7)</td>
</tr>
<tr>
<td>Stage 3</td>
<td>7.4 (1.8)</td>
</tr>
<tr>
<td>Stage 4</td>
<td>12.4 (2.5)</td>
</tr>
<tr>
<td>Filter</td>
<td>9.4 (4.1)</td>
</tr>
<tr>
<td><em>MDI plus spacer</em></td>
<td><strong>Actuator/spacer</strong></td>
</tr>
<tr>
<td>Throat</td>
<td>24.8 (50.0)</td>
</tr>
<tr>
<td>Stage 1</td>
<td>6.0 (14.6)</td>
</tr>
<tr>
<td>Stage 2</td>
<td>11.8 (30.8)</td>
</tr>
<tr>
<td>Stage 3</td>
<td>13.5 (31.1)</td>
</tr>
<tr>
<td>Stage 4</td>
<td>12.4 (42.3)</td>
</tr>
<tr>
<td>Filter</td>
<td>0.2 (0.1)</td>
</tr>
</tbody>
</table>

**MDI—Metered dose inhaler.**

<table>
<thead>
<tr>
<th>Table 2</th>
<th>Mean (SEM) percentage of the drug dose delivered to various sites</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>MDI</em></td>
<td><strong>Slow flow</strong></td>
</tr>
<tr>
<td>Whole lung</td>
<td>11.0 (1.4)</td>
</tr>
<tr>
<td>Peripheral lung</td>
<td>4.7 (0.6)</td>
</tr>
<tr>
<td>Oropharynx</td>
<td>75.0 (2.5)</td>
</tr>
<tr>
<td>Actuator and spacer</td>
<td>13.9 (1.8)</td>
</tr>
<tr>
<td>Losses from open part of spacer</td>
<td>—</td>
</tr>
<tr>
<td>Exhaled</td>
<td>0.2 (0.1)</td>
</tr>
</tbody>
</table>

*p values by multiple comparison test: *p < 0.05 for metered dose inhaler + spacer; **p < 0.05 for spacer (slow flow) + spacer (fast flow) + MDI—metered dose inhaler.**
deposition in the peripheral zone (table 2) with slow inhalation through the spacer, but this was not significant. Both total and regional lung depositions were similar for the four non-smokers and for the six smokers.

Inhaled flow rates averaged 26.1 (SEM 4.1) l/min for the metered dose inhaler alone, 23.8 (2.1) l/min for slow inhalations through the spacer, and 105.3 (11.7) l/min for fast inhalations through the spacer. Inhaled volumes were similar for the inhaler alone (2.07 (0.31) l) and for slow inhalations through the spacer (2.05 (0.31) l), but were higher for fast inhalations through the spacer (2.73 (0.32) l).

Discussion

The distribution of aerosol between lungs (mean 11.0%), oropharynx, actuator, and exhaled air was similar to that observed previously in our laboratories for a correctly used metered dose inhaler when particles of Teflon, labelled with $^{99m}$Tc, were inhaled from pressurised canisters containing placebo.11,14

Other radiotracer techniques have given a similar fractionation of the dose.15-17 The technique used in this study is a simpler method of labelling metered dose inhalers than the use of Teflon particles, requiring less specialised equipment, and the measurements reflect actual drug deposition rather than the deposition of an inert analogue. There was a close correlation between quantities of drug and radiolabel in different size bands, so that the radiolabel acted as a marker for the presence of the drug. The method was developed from that of Köhler et al., who extracted $^{99m}$Tc as $^{99m}$TcO$_4^-$ out of the aqueous phase with ethyl methyl ketone, and makes use of the greater solubility of $^{99m}$TcO$_4^-$ in micronised drug than in either surfactant or propellant. The addition of radiolabel had little effect on the distribution of drug within the impinger system by comparison with an untreated canister.

The use of the open spacer device reduced oropharyngeal deposition as observed previously with other models of spacers or holding chambers.18-21 Oropharyngeal deposition was higher with fast inhalation through the spacer, as has been observed with inhalation from a metered dose inhaler alone,11 but this was compensated for by smaller losses on the apparatus and from the open part of the spacer. Whether inhalation through the spacer was fast or slow, deposition in the lungs was greater than after an inhalation from a metered dose inhaler alone with a slow inhalation. Several studies looking at other devices have shown that when similar inhalations are made through a metered dose inhaler and a spacer plus metered dose inhaler deposition in the lungs is enhanced with the latter. These have included studies on a 10 cm tube extension to the inhaler mouthpiece,22 a 750 ml cone shaped spacer (Nebuhaler)9,22 and a 600 ml collapsable spacer (InspirEase).9,22

The more central deposition patterns within the lungs observed with fast inhalation through the spacer (despite the fact that these fast breaths were also inhaled more deeply) are in agreement with measurements using either polystyrene particles23 or iron oxide particles24 inhaled by tidal breathing, as impaction in large central airways is enhanced with fast inhalation. The more central deposition was countered, however, by better delivery to the whole lung than with a metered dose inhaler alone, so that the percentage of the dose in the peripheral lung zone was not reduced. Deposition patterns in patients with obstructive airways disease might differ from those observed here in normal subjects, though Spiro et al.16 found similar total and regional depositions of pressurised aerosol in the lungs of normal subjects and patients with chronic bronchitis.

The "open" spacer differs from most other spacers currently available, because it is not possible to fire the spray into the spacer and to inhale the contents of the
spacer subsequently. Good coordination is essential with the open spacer to prevent loss of the entire dose, though a small percentage of the dose appears to be always lost from the spacer even during coordinated inhalations, particularly those at a slow flow rate. The open spacer may prove useful for teaching correct use of a sodium cromoglicate inhaler; once coordination with the spacer has been mastered, whole lung and peripheral lung deposition at least as great as those from a correctly used metered dose inhaler may be attained irrespective of the speed of inhalation. Rapid inhalation is a common error when a standard metered dose inhaler is used, resulting in reduced drug delivery and clinical efficacy; but the open spacer appears to permit fast inhalation. The current study was performed in normal subjects, however, and further studies in asthmatic patients are required to determine more precisely the role of the open spacer in clinical practice.

We would like to thank Dr D Köhler for his help and advice, and in particular for his willingness to supply a preprint of his paper on aerosol delivery from metered dose inhalers. We are also grateful to Mr B Patel for performing the statistical analysis.

References

4 Crompton GK. Problems patients have using pressurised aerosol inhalers. Eur J Respir Dis 1982;63(suppl 119): 101–4.
11 Newman SP, Pavia D, Garland N, Clarke SW. Effects of various inhalation modes on the deposition of radio-