




## Introduction

- **W**ash hands, **I**ntroduce self, ask **P**atients name & DOB & what they like to be called, **E**xplain what you would like to do
- Check understanding of what patient already knows regarding condition (asthma/COPD) and inhaler treatments

Table 1: Types of inhaler and their use		
Salbutamol MDI AKA Evohaler, Reliever	Steroid MDI AKA Evohaler, Preventer	Dry powder / Breath activated inhalers (Accuhaler, Turbohaler, Clickhaler, Easi-breathe, Autohaler)
		
Use during an attack to relieve symptoms	Use morning and night to prevent an attack	Use as reliever or preventer as indicated
Use as described below	Use as described below, but rinse mouth out afterwards	Different uses depending on type, but typically click to activate then breathe in quickly and deeply
Small but come patients find complicated to use May be used with a spacer SEs: tachycardia, tremor	Small but come patients find complicated to use May be used with a spacer SEs: dry mouth, hoarse voice, thrush	May be easier to use, but not suitable for under 6 years as quick breath required. SEs depend on drugs inside

## Initial Explanation

- Explain type of inhaler, it's purpose and when to use is (table 1)
- Inhaler contains a set dose of medication
- The aim is to get it into the lungs
- Drug released by pressing canister or twisting/ clicking device – demonstrate

## Steps

1. Check date of expiration
2. Shake vigorously
3. Remove cap and check the inside is clean
4. Stand or sit up straight
5. Hold inhaler upright with index finger on top and thumb on bottom
6. Breathe out completely
7. Seal mouth well around mouthpiece
8. Simultaneously, press firmly down on the canister and breathe in slowly and deeply (aim for back of throat, not tongue)
9. Hold breath for 10 seconds or as long as possible
10. Breathe out slowly
11. Replace cap
12. Repeat after 1 minute if required

## Demonstration & Observation

- Demonstrate it yourself
- With a different placebo inhaler, ask the patient to demonstrate how they would use it
- Observe the patient and correct any mistakes
- Get the patient to repeat until they do it correctly

## **Other Advice**

- Seek emergency help if symptoms are severe or not being relieved by inhaler
- See GP or specialist nurse if suffering with side effects or using reliever inhaler more than 3 times per week
- Ask the patient if they have any questions or concerns

## **Use of a Spacer Device**

- Spacers may be used in children, those experiencing side effects from steroid inhalers or people having difficulty with inhaler technique
- Usage steps:
  1. Assemble spacer
  2. Shake inhaler and then remove cap
  3. Attach it to the spacer
  4. Breathe out
  5. Seal mouth around spacer mouthpiece
  6. Press on the cannister to release drug
  7. Breathe in slowly and deeply for 3-5 seconds and then hold for 10 seconds (or, alternatevely, take 5 normal breaths in and out through the mouth)
  8. Repeat if required after 30 seconds

*N.B if the device whistles they are breathing in too quickly*

- Looking after the spacer
  - Wash spacer with warm water and soap
  - Always leave to drip dry
  - Replace every 6-12 months