

- Chesley  Durham  Kincardine  Walkerton
- Lions Head  Markdale  Meaford  Owen Sound
- Southampton  Tobermory  Wiarton
- HDH

## Inhaler-Spacer Teaching Checklist

PATIENT ID \_\_\_\_\_

Indicate YES or NO if step was performed in proper sequence.

Date/Time					
<b>MDI and Spacer</b>		<b>Turbuhaler</b>		<b>Handihaler</b>	<b>Diskus</b>
1. Shakes inhaler and removes cap.		1. Pt. unscrews and lifts off the cover.		1. Pt. pulls the lid upwards and lifts open the mouthpiece.	1. Pt. places outer case in one hand and thumb of the other hand on the thumb grip. Pt. pushes thumb back until a click is heard.
2. Connects inhaler and spacer.		2. Pt. holds inhaler upright. Turns the grip as far as it will go in one direction and then turns it back again. You should hear a click.		2. Pt. removes Spiriva capsule from blister and places it in the capsule chamber. Pt. closes the mouthpiece until it clicks.	2. Pt. slides the lever away as far as it will go until a click is heard.
3. Breathes out completely & comfortably.		3. Patient breathes out completely, away from the mouthpiece.		3. Pt. holds Handihaler with mouthpiece upwards and presses the piercing button once and releases.	3. Pt. breathes out completely, away from the mouthpiece.
4. Inserts inhaler or spacer into mouth and depresses canister once.		4. Pt. places mouthpiece between teeth and seals lips to mouthpiece. Pt. breathes in forcefully and deeply through mouth.		4. Pt. breathes out completely, away from the mouthpiece.	4. Pt. seals lips to mouthpiece and inhales steadily and deeply.
5. Inhales slowly and deeply and holds breath for count of six <u>or</u> takes 4-6 normal breaths while lips remain on spacer.		5. Pt. removes inhaler from mouth before breathing out again.		5. Pt. raises Handihaler to mouth and closes lips around the mouthpiece. Pt. breathes in slowly and deeply. You should hear the capsule vibrate.	5. Pt. removes the Diskus from mouth and holds breath for about 10 seconds, then breathes out slowly.
6. Waits 30 seconds before next puff.		6. If more than one dose is prescribed repeat steps above. Replace the cover.		6. Repeat step 5 if needed to empty the capsule completely. Pt. disposes of empty capsule.	6. Pt. slides thumb grip back as far as it will go until a click is heard and unit closes.
<b>Nurse's Initials →</b>					

- ⇒ Placebo inhaler available from Pharmacy for teaching
- ⇒ Allow patient some practice time

- Uses inhalers in correct order? (eg. bronchodilator first, then steroid)
- Rinses mouth after using steroid inhaler?
- Knows correct dose and frequency of each inhaler?
- Other recommendations? \_\_\_\_\_

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