

## Teaching Inhaler Technique

As with explaining anything proceed through the following steps:

1	<b>Introduce yourself</b>	Name & status
	<b>Explain the purpose of the consultation</b>	Consent
2	<b>Check Patient's understanding</b>	This will not only help show you what you need to explain, but also give you an idea of what level you should be pitching at initially. Perhaps the patient could demonstrate their current inhaler technique
3	<b>Explain</b>	Either in one go or in small steps checking patient's understanding at each step. Avoid jargon. You may wish to summarise as you go along.
4	<b>Check Patient's understanding</b>	There are many ways of doing this: Ask them to tell you what you just told them, ask them to demonstrate their technique, ask them what parts they might find difficult etc. You may need to then go back and re-explain parts.
5	<b>Invite Questions</b>	
	<b>Offer written information</b>	

### **Steps for using a Metered Dose Inhaler**

The participant must shake the canister vigorously and breathe out slowly and completely before each puff. Positioning is considered correct if the canister is held in the upright position and inserted between closed lips. The participant must then begin a slow inhalation just before depressing the canister once (actuation). The timing of actuation (co-ordination) is considered correct if it occurs anywhere during the **first third** of the slow inspiration including simultaneously with the start of inhalation. The slow inspiration must continue to total lung capacity after which the inhaler is removed and the lips kept closed, with breath-holding for at least ten seconds. Finally, the participant must wait at least 30 seconds before starting the second puff.

1. \* Remove cap and shake inhaler vigorously
2. Breathe out slowly and completely
3. Hold Inhaler in upright position
4. \* Insert mouthpiece into mouth between closed lips
5. \* Depress the canister once and.....
6. \* ..... at the same time begin slow, deep inhalation (co-ordination)
7. Remove the inhaler with closed lips
8. Hold breath for 10-15 seconds
9. wait for 20-30 seconds before starting second Puff

\*=essential step

[www.asthma.org.uk/infoan38.html](http://www.asthma.org.uk/infoan38.html)  
[www.squ.edu.om/mj/Apr2001/metr\\_dose/](http://www.squ.edu.om/mj/Apr2001/metr_dose/)