

Specialist Paediatric Outreach Respiratory Team (SPORT)



Inhaler and spacer technique

It is really important that you take your inhalers correctly. Being proactive with your inhaler management is the key!

Always ensure you keep your reliever inhaler and spacer on you as you never know when you may require this. Ensure there is medication in it. Some inhalers have dose counter on them so keep a close eye on this.

There are lots of different inhalers and ways to take them. It is best to follow the advice from your doctor, GP respiratory nurse or physiotherapist on which inhaler or spacer will be the best for you.

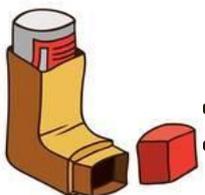


This leaflet is designed to explain how inhalers can help you and highlights the 5 steps of how to take a metered dose inhaler (MDI) to help you to remember.

There are 2 main types of inhalers:

Preventers

- Should be taken as routine x2 a day (morning and night.) This is whether they are symptomatic or not, well or unwell to prevent an acute airway flare up.
- Reduces inflammation in the airways
- Airways become less sensitive to triggers



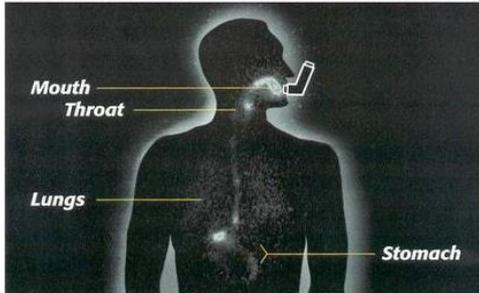
Relievers

- Muscle relaxant for airway flare up
- Works for 4 hours.
- Can be used proactively for known triggers.



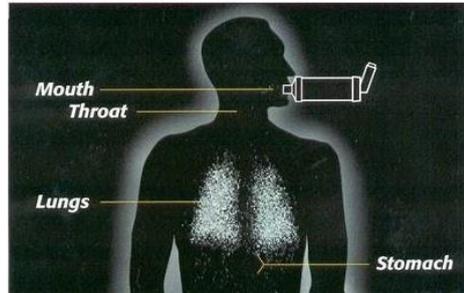
Why is it important to use a spacer with an inhaler?

Inhaler Alone



When using an inhaler alone, the medicine ends up in the mouth, throat, stomach and only minimal delivered is to the lungs.

Inhaler with Spacer



When using a spacer, there is more medicine delivered directly into the lungs with improved effect.

Did you know...?

Using a spacer to take your inhalers can:

Reduce the severity of an exacerbation.

Reduce your symptoms during an exacerbation.

Optimise medication and may mean less medication is required during an exacerbation or a reduction of medication in the future.

How to take my meter dose inhaler (MDI)?

- 1 Standing up position (where possible)
- 2 Evenly mix MDI 3-5 times using tip tap tilt method. Gently tilt inhaler from side to side 3-4 times.
- 3 Insert the inhaler into the spacer
- 4

Spacer with Mouthpiece: Fully breathe out, place mouth over mouthpiece. Press inhaler once.	Spacer with Facemask: Ensure mask is positioned correctly over nose and mouth. Press inhaler once.
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- 5

Take slow, long, deep breaths in	Encourage to take deeper breaths into facemask as able
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No more shaking!

This can damage the molecules inside the inhaler

Facemasks should be used until aged 3-4 or until your child can make a good seal around the mouthpiece.



How many breaths?

Aerochamber		5 breaths
Volumatic		10 breaths
Able Spacer		5 breaths
Vortex		3-5 breaths

Remember: If your child requires more than 1 puff of their inhaler. Wait at least 45 seconds prior to starting the next 'tip-tap'

Medication should be given at the rate of 1 puff per minute

Useful Links

Demonstrates how to breathe correctly when using a spacer:

<https://www.asthma.org.uk/advice/inhaler-videos/tidal-breathing/>

Demonstrates how to help your child take their inhaler with a spacer and a facemask.

<https://www.asthma.org.uk/advice/inhaler-videos/facemask-child/>

Demonstrates how to help your child take their inhaler with a spacer, without a facemask.

<https://www.asthma.org.uk/advice/inhaler-videos/child-no-facemask/>

If you need any further information, please contact: **01282 803587**

