

# Inhaler Technique Assessment (Asthma)

## Pressurised metered dose inhaler

(Adapted from the Barts Health Inhaler Technique Assessment)

Device	Action observed	Technique Good?		Advice if technique not acceptable
		Yes	No	
All Devices	Remove cap (where applicable)			Counsel patient
	Shake Inhaler (where applicable)			
	Exhales fully			
	Patient seals lips around mouthpiece			
	Inhales fully and holds breath for as long as comfortable after inhalation (approximately 5-10secs)			
	Awareness about releasing test doses if new device or has not been used for a while * check specific SPC for each drug			
	If more than one dose is required, patient is aware when to repeat step and not to release more than one puff at the same time			
	Awareness of how to check for expiry date			
	Awareness of how to check how much medicine is left in the inhaler (e.g. Dose counters etc.)			
	Awareness of storage			
pMDI	Patient can remove protective cover			Counsel patient
	Shakes inhaler and exhales			
	Ability to activate/ depress canister			Consider use of HalerAid®
	Presses canister down only each time a dose is administered			Counsel patient
	Ability to co-ordinate depressing the canister and inhaling at the same time			Use spacer device the patient is likely to use Aerochamber® or Volumatic®
	Check Inspiratory flow is desirable and correct for the device			
	For a 2 <sup>nd</sup> dose, patient waits for approx. 30secs* before repeating step * check specific SPC for each drug			Counsel patient
pMDI via a spacer device	Patient removes protective cover			Counsel patient
	Ability to attach spacer device			Demonstrate
	Shakes inhaler and exhales			Counsel patient
	Ability to activate/ depress canister			Use HalerAid®
	For a 2 <sup>nd</sup> dose, patient waits for approximately 30secs* before repeating step (* check specific SPC for each drug)			Counsel patient
	Tidal breathing			
	Patient aware how to clean spacer device			
	<b>When considering the use of a spacer device, ensure it is a device the patient will use</b>			
Easibreath®	Shakes device			Counsel patient
	Patient can open mouthpiece cover			Use a table edge
	Patient aware of need to close and re-open mouthpiece cover for subsequent doses			Counsel patient
	Patient seals lips around mouthpiece without blocking vents			

- If the patient cannot use a type of inhaler effectively, consider an alternative that they can use.
- Consider using the same type of inhaler for 'reliever' and 'preventer'.
- After using a steroid inhaler – ensure patient understands to rinse their mouth

# Inhaler Technique Assessment (Asthma)

## Dry powder inhalers

(Adapted from the Barts Health Inhaler Technique Assessment)

Device	Action observed	Technique Good?		Advice if technique not acceptable
		Yes	No	
All Devices	Remove cap (where applicable)			Counsel patient
	Shake Inhaler (where applicable)			
	Exhales fully			
	Patient seals lips around mouthpiece			
	Inhales fully and holds breath for as long as comfortable after inhalation (approx 5-10secs)			
	Awareness about releasing test doses if new device or has not been used for a while * check specific SPC for each drug			
	If more than one dose is required, patient is aware when to repeat step and not to try to release more than one dose at the same time			
	Awareness of how to check for expiry date			
	Awareness of how to check how much medicine is left in the inhaler (eg. Dose counters etc)			
	Awareness of storage (e.g. DPI away from moisture, cleaning and how often to change devices)			
Accuhaler <sup>®</sup>	Patient can open Accuhaler			Counsel patient
	Patient can push lever down for dose activation			
	Holds device horizontally			
Turbohaler <sup>®</sup>	Patient has enough suction to be able to use Turbohaler <sup>®</sup> - Consider checking with an In Check Dial <sup>®</sup> device if available			Counsel patient
	Patient can open Turbohaler			Use ClickAid <sup>®</sup>
	Patient can twist and activate Turbohaler ( advice about turning in both directions to obtain full dose)			
	Awareness of how to check doses ( dose counter)			
Clickhaler <sup>®</sup> Easihaler <sup>®</sup>	Patient shakes the device			Counsel patient
	Patient can remove mouthpiece			
	Patient can press the dosing button down firmly so that they can hear a click			
	Patient keeps the device upright			
	Cleaning the device			
Novoliser	Patient can remove mouthpiece			Counsel patient
	Patient can press the dosing button down firmly so that they can hear a click			
Twisthaler	Check patient can open and close the twisthaler			Counsel patient
	Patient has enough suction to be able to use Turbohaler <sup>®</sup> - Consider checking with an In Check Dial <sup>®</sup> if available			

- If the patient cannot use a type of inhaler effectively, consider an alternative that they can use.
- Consider using the same type of inhaler for 'reliever' and 'preventer'.
- After using a steroid inhaler – ensure patient understands to rinse their mouth