

Inhaler technique

1	<h3>7 Steps for effective inhaler technique</h3> <ul style="list-style-type: none"> • Prepare device – removing cap • Loading device – shaking aerosol, twisting / clicking • Exhalation – ensure that the patient exhales fully • Seal – ensure the patients lips are sealed around the inhaler device mouthpiece • Breathe in: <ul style="list-style-type: none"> : Aerosol devices require a breath in that is gentle, slow and steady over about 3 seconds : Dry powder devices require energy from the patient and the breath needs to be quick and strong in order to break down the particles • Hold breath – for a count of 10 • Repeat if necessary or close the device.
2	<h3>Spacers</h3> <ul style="list-style-type: none"> • British Thoracic Society and NICE guidelines recommend the use of spacers with inhalers. • Improves lung deposition • 10% lung deposition with inhaler alone • 20% lung deposition with inhaler and spacer which is as good as a nebuliser • Technique with spacer is “Tidal breathing technique” – 1 spray and 4-5 slow gentle tidal breaths
3	<h3>Tips for inhaler technique improvement</h3> <ul style="list-style-type: none"> • Check patients inhaler technique at every opportunity – by demonstration not just questions • Always look for improvements to optimise the effect of the drug • Ensure the correct technique is being used for the correct device • Make sure that clinicians are competent in the use of inhalers by accessing training courses if necessary
4	<h3>Further information</h3> <ul style="list-style-type: none"> • www.brit-thoracic.org.uk • www.nice.org.uk

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