

Inhaler Technique Coaching Tool

Note: Please keep this checklist with student's inhaler. Use this checklist to assess whether the student is using the inhaler properly throughout the school year. For each assessment, observe the student using the inhaler and indicate Y for steps done properly and N for steps missed or done improperly. As needed during each assessment, educate the student on proper inhaler use. The goal is for the student to use the inhaler properly without instruction. Please conduct assessments each time the student uses inhaler.

Name:

Birth Date:

School:

Write in the date.						
Steps	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
1. PREPARE device. <ul style="list-style-type: none"> • Checks the counter on the inhaler. • Removes caps from inhaler and spacer. 						
2. SHAKES inhaler. <ul style="list-style-type: none"> • Shakes the inhaler for 3-5 seconds. • Inserts canister into spacer and spacer into mask (if a mask is being used). 						
3. BREATHE OUT. <ul style="list-style-type: none"> • MDI with spacer: Breathes out fully before putting device to mouth. • MDI with spacer and mask: Makes sure there is a good seal with mask over nose and mouth. Have child breathe out if the can. 						
4. BREATHE IN. <ul style="list-style-type: none"> • MDI with spacer: Place mouthpiece of spacer in mouth. Close lips around it and press down on inhaler to get one puff into spacer. Breathe in slowly and deeply for about 5 seconds. You should not hear a whistle. • MDI with spacer and mask: Good seal over nose and mouth. Press inhaler to get one puff in spacer. Regular breathing in and out 10 times. You should not hear a whistle. 						
5. HOLD breath. <ul style="list-style-type: none"> • MDI with spacer: Hold breath and count to 10 with lips kept closed around spacer. • Remove spacer from mouth and slowly exhale. • MDI with spacer and mask: No breath hold. See instructions above. Remove spacer and mask from mouth after breathing in and out 10 times. 						
6. REPEAT. <ul style="list-style-type: none"> • Wait 60 seconds. • Repeat steps 2-5 for any additional puffs ordered by provider. 						
Student can properly STATE or DEMONSTRATE above steps. RECORD THE NUMBER OF CORRECT STEPS.						

This document was adapted from the "Inhaler Technique Assessment Tool" that was developed in 2014 as part of the Building Bridges for Asthma program.