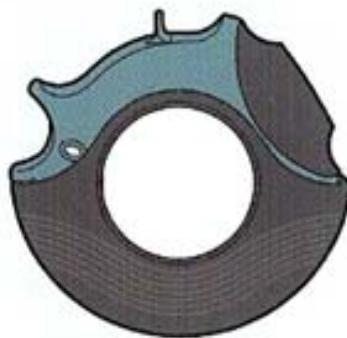


Medications available (not inclusive):

- **Ventolin (salbutamol)**
- **Serevent (salmeterol)**
- **Advair (fluticasone/salmeterol)** (remember to gargle and spit following use of an inhaled steroid)



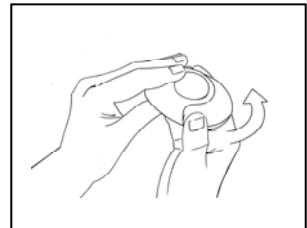
DISKUS®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

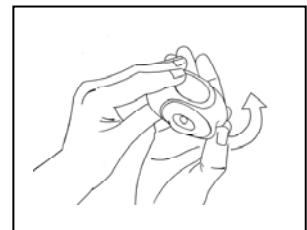
GOAL: Mastery of skill	Date & Initial				
1. Open the Diskus					
2. Slide the lever					
3. Breathe out					
4. Tilt chin up slightly					
5. Seal lips around the mouthpiece					
6. Breathe in quickly and deeply					
7. Hold breath for 5-10 seconds or as long as possible					
8. Breathe out					
9. Close the Diskus					

How to use the Diskus®

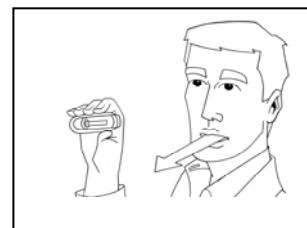
1. To open: hold the outer case in one hand and put the thumb of the other hand on the thumb grip.



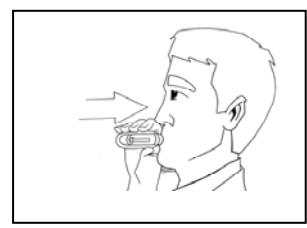
2. Push the thumb as far as it will go until a click is heard.



3. Slide the lever as far as it will go until a click is heard.



4. Hold the Diskus inhaler away from the mouth and breathe out completely. Tilt chin up slightly.



5. With the mouthpiece to the lips, breathe in quickly and deeply.



6. Remove the Diskus inhaler.



7. Hold your breath for about 10 seconds, then breathe out slowly.

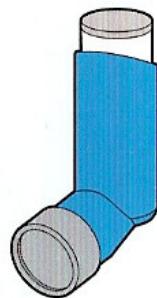
8. Close: slide the thumb grip as far as it will go until it snaps shut.

Care of a Diskus

1. Store the device in a dry place, not in a damp environment i.e. bathroom.
2. Diskus is to be closed when not in use; only slide open when ready to take dose.
3. Diskus is to be kept away from direct frost, heat or sunlight and from high temperatures (above 30°C).

Medications available (not inclusive):

- Ventolin (salbutamol)
- Atrovent (ipratropium bromide)
- Advair (fluticasone/salmeterol) (remember to gargle and spit following use of an inhaled steroid)

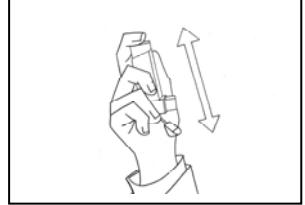


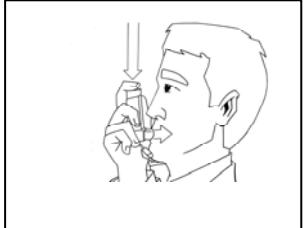
METERED-DOSE INHALER (MDI)

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date and Initial	Date and Initial	Date and Initial	Date and Initial
1. Remove cap				
2. Shake well				
3. Breathe normally and slowly				
4. Breathe out				
5. Tilt chin up slightly				
6. Close mouth around mouthpiece				
7. Breathe in and depress canister once				
8. Breathe in a slow, deep breath				
9. Hold breath for 5-10 seconds or as long as possible				
10. Breathe out slowly				
11. Replace cap				
12. Wait for 30 seconds if second dose is required. Repeat steps 2-10.				

How to use the Metered-Dose Inhaler (MDI)

1. Remove the cap from the MDI.
2. Shake well.
3. Breathe normally and slowly through the mouth.

4. Breathe out.
5. Tilt chin up slightly.
6. Place the mouthpiece in your mouth between your teeth and close your mouth around it.

7. Begin to breathe in and push down on the canister once. Continue to breathe in slowly and deeply through the mouth until the breath is complete.

8. Hold your breath for 5-10 seconds.
9. Breathe out slowly.
10. Replace the cap.
11. If an additional inhalation is prescribed, wait 30 seconds before taking it, then repeat steps 2-9 for the prescribed number of inhalations.

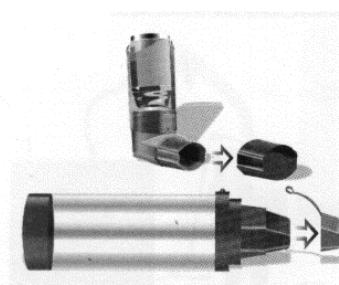
*** Always check the instructions included with your MDI for directions on priming and proper use**

Care of an MDI

1. Once a week, remove the medication canister from the plastic casing and wash the casing in warm, soapy water. When the casing is dry, replace the medication canister in the casing and put the cap on the mouthpiece. Ensure the hole is clear.

Medications available in an MDI (not inclusive):

- Ventolin (salbutamol)
- Atrovent (ipratropium bromide)
- Advair (fluticasone/salmeterol) (remember to gargle and spit following use of an inhaled steroid)



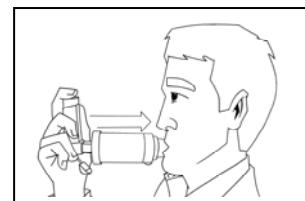
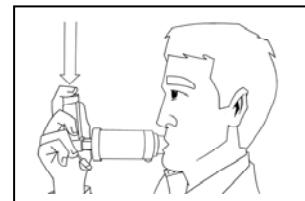
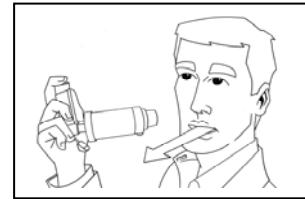
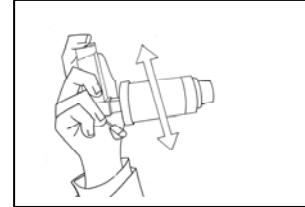
METERED-DOSE INHALER – MDI WITH SPACER

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date and Initial	Date and Initial	Date and Initial	Date and Initial
1. Remove the caps				
2. Shake the MDI				
3. Assemble the MDI mouthpiece in the spacer				
4. Seal lips around the Spacer Device mouthpiece				
5. Breathe out. Tilt chin up slightly.				
6. Depress MDI into spacer				
7. Breathe in slowly and deeply				
8. Hold breath for 5-10 seconds or as long as possible				
9. Breath out				
10. Replace caps				
11. Wait 30 seconds if second dose is required; repeat steps 2-8.				

How to use the Metered-Dose Inhaler (MDI) with a spacer device

1. Remove the cap and shake the MDI.
2. Remove the cap on the spacer and insert the mouthpiece of the MDI into the opening at the end of the spacer.
3. Place the spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, making sure there are no air leaks. Exhale.
4. Push down on the MDI canister once to allow the medication to enter the spacer. Breathe in slowly and deeply for about 3-5 seconds. After the inhalation, hold your breath for as long as possible, up to a count of ten.
Note: If you hear a whistle, you are breathing too fast.
Note: If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 3 or 4 times.
5. If you need more than one dose, wait 30 seconds between inhalations and repeat steps 1-4 each time.,
6. Replace the cap on the spacer and on the MDI.



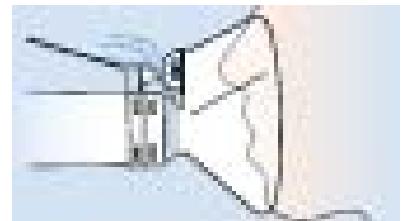
*** Always check the instructions included with your MDI for directions on priming and proper use**

Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and agitate.
2. Shake off excess water and leave to dry overnight.

Medications available in an MDI (not inclusive):

- **Ventolin (salbutamol)**
- **Atrovent (ipratropium bromide)**
- **Advair (fluticasone/salmeterol)** (remember to gargle and spit following use of an inhaled steroid)



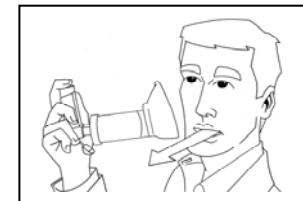
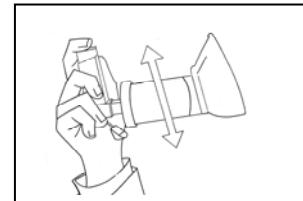
METERED-DOSE INHALER – MDI WITH SPACER AND MASK

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

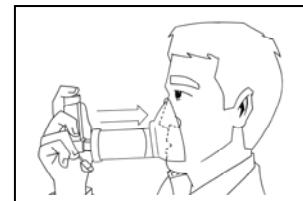
GOAL: Mastery of skill	Date and Initial	Date and Initial	Date and Initial	Date and Initial
1. Remove the cap				
2. Shake the MDI				
3. Assemble the MDI mouthpiece in the spacer				
4. Apply the mask to the face. Exhale				
5. Depress MDI				
6. Breathe in slowly and deeply				
7. Hold breath for 5-10 seconds or as long as possible				
8. Breath out				
9. Replace cap				
10. Wait 30 seconds if second dose is required; repeat steps 2-9.				

How to use the Metered-Dose Inhaler (MDI) with a spacer and mask

1. Remove the cap and shake the MDI.
2. Insert the mouthpiece of the MDI into the opening at the end of the spacer.
3. Apply the mask to face so there are no leaks between face and mask. The valve should open with breathing. Exhale.
4. Push down on the MDI canister once to allow the medication to enter the spacer. Breathe in slowly and deeply for about 3-5 seconds. After the inhalation, hold your breath for as long as possible, up to a count of ten.



Note: If you hear a whistle, you are breathing too fast.
Note: If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 3 or 4 times.



5. If you need more than one dose, repeat steps 1-4, waiting 30 seconds between inhalations.
6. Replace the cap on the MDI.

*** Always check the instructions included with your MDI for directions on priming and proper use**

Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and agitate.
2. Shake off excess water and leave to dry overnight.

Medications available (not inclusive):

- **Ventolin (salbutamol)**
- **Atrovent (ipratropium bromide)**
- **Combivent (salbutamol and ipratropium bromide)**

NEBULIZER

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

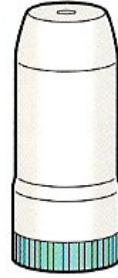
GOAL: Mastery of skill	Date and Initial	Date and Initial	Date and Initial	Date and Initial
1. Attach tubing to air outlet.				
2. Unscrew the top of the medicine cup.				
3. Fill the cup with the medication dose.				
4. Screw on the top.				
5. Turn on the compressor				
6. Place either mask on face or mouthpiece in mouth.				
7. Attach nebulizer tubing to compressor				
8. Turn the compressor on				
9. Breathe and out slowly through mouth.				
10. Complete treatment.				
11. Turn the compressor off.				

How to use the Nebulizer®

1. Attach tubing to air outlet.
2. Unscrew the top of the medicine cup.
3. Fill the cup with the medication dose. Hold upright.
4. Screw on the top.
5. Screw the top back on and attach to mouthpiece or mask.
6. Place either mask on face or mouthpiece in mouth.
7. Attach the nebulizer tubing to the compressor air outlet.
8. Ensure that the compressor is plugged in and functioning.
9. Turn the compressor on and check to see that the medication is misting appropriately.
10. Breathe in and out slowly through mouth.
11. Continue treatment until mist cannot be seen.
12. Turn the compressor off.

Care of Nebulizer Equipment

1. Wash mask and nebulizer medication chamber in warm, soapy water.
2. Rinse well and allow them to air-dry before reuse.



Medications available:

- **Bricanyl (terbutaline sulphate)**
- **Oxeze (formoterol)**
- **Symbicort (budesonide/formoterol)**

(remember to gargle and spit following use of an inhaled steroid)

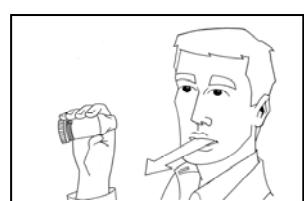
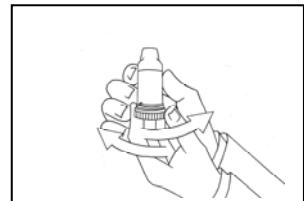
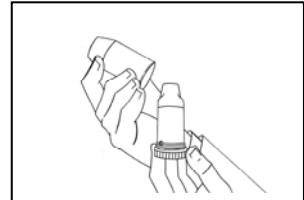
TURBUHALER®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

Goal: Mastery of skills	Date and Initial	Date and Initial	Date and Initial	Date and Initial
1. Remove cap				
2. Hold Turbuhaler® upright				
3. Turn the base in one direction and back				
4. Listen for a 'click' sound				
5. Breathe out away from the inhaler				
6. Place mouthpiece between lips				
7. Tilt chin up slightly				
8. Breathe in quickly and deeply				
9. Breath hold for 5 - 10 seconds or as long as possible				
10. Breathe out				
11. Repeat steps 2-10 if second dose is required				
12. Replace cap				

How to use the Turbuhaler®

1. Unscrew and remove the cap.
2. Hold the Turbuhaler® in an upright position and turn the colored base as far as possible in one direction, then turn back until a “click” is heard. *Note: Do not shake or blow into the device.*
3. Breathe out away from the Turbuhaler®.
4. Place the mouthpiece between your teeth and close your lips around it.
5. Breathe in quickly and deeply through the mouth. Remove Turbuhaler® from mouth and hold breath for 10 seconds, then breathe out.
6. Repeat steps 2-5 for the prescribed number of inhalations.
7. Replace the cap.



* Always check the instructions included with your Turbuhaler® for directions on priming and proper use

Care of a Turbuhaler®

1. Clean mouthpiece using a dry tissue or cloth, gently wiping away any particles which have collected inside the mouthpiece. Never wash the Turbuhaler®.
2. Check the number in the dose window to see how many doses are left.
3. Some Turbuhalers® may not have a window counter. When a red mark appears in the window underneath the mouthpiece, the Turbuhaler® has approximately 20 doses left. When the red mark reaches the bottom edge of the window the Turbuhaler® is empty.

Medications available:

- **Spiriva (tiotropium)**

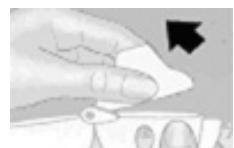
HANDIHALER®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date and Initial	Date and Initial	Date and Initial	Date and Initial
1. Open dust cap				
2. Open mouthpiece				
3. Place capsule in centre chamber				
4. Close mouthpiece until you hear it click				
5. Hold Handihaler® up and press green button once and release				
6. Breathe out completely away from mouthpiece				
7. Tilt chin up slightly				
8. Place mouthpiece between lips				
9. Breathe in slowly and deeply				
10. Hold breath for 5 - 10 seconds or as long as possible				
11. Breathe out				
12. Repeat: steps 6-11				
13. Open mouthpiece and empty the used capsule				
14. Close mouthpiece and dust cap				
15. Wash hands				

How to use the HandiHaler®

1. Fold and separate the two blister strips. Tear down the middle. Peel back foil on flat side, exposing one capsule at a time. Flip the blister strip over and let the capsule drop out. **Remember:** the capsules are sensitive to light and moisture.



2. Pull the lid upwards and lift open the mouthpiece.



3. Right before use, place one capsule in the capsule chamber.



4. Close the mouthpiece firmly until you hear a click, leaving the lid open.



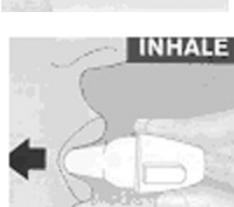
5. Hold the HandiHaler with the mouthpiece upright and press the piercing button once; release.



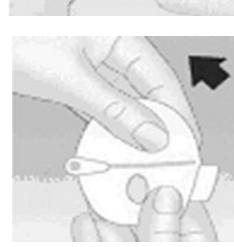
6. Breathe out completely away from the Handihaler. Close lips around mouthpiece. Tilt chin up slightly.



7. Breathe in slowly and deeply until lungs are full.

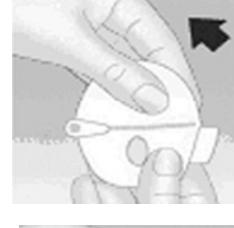


8. Remove the HandiHaler from your mouth while still holding your breath for a count of ten.



9. Repeat steps 6-8 for a second breath in.

10. Open the mouthpiece and tip out the used capsule into the garbage. Close the mouthpiece and lid.



11. Wash hands after use to avoid eye contact with medication.

* **Always check the instructions included with your HandiHaler for directions on priming and proper use.**

Care of HandiHaler®

1. The HandiHaler needs to be cleaned once a month or as needed.
2. Open the lid and lift up the mouthpiece. Lift up the piercing button to open the base. Rinse the HandiHaler with warm water to remove any powder. Do not use soap. Dry the HandiHaler completely by leaving the lid, mouthpiece & base open to air-dry.

