



FIG 20-19 Proper position for instilling nose drops.

Aerosol Therapy

Aerosol therapy can be effective in depositing medication directly into the airway. The value of aerosolized water, or “mist therapy,” is controversial. This route of administration can be useful in avoiding the systemic side effects of certain drugs and in reducing the amount of drug necessary to achieve the desired effect. Bronchodilators, steroids, mucolytics, and antibiotics, suspended in particulate form, can be inhaled so that the medication reaches the small airways. Aerosol therapy is particularly challenging in children who are too young to cooperate with controlling the rate and depth of breathing. Administration of this therapy requires skill, patience, and creativity.

Drug Alert

Medications can be aerosolized or nebulized with air or with oxygen-enriched gas. The metered-dose inhaler (MDI) is a self-contained, handheld device that allows for intermittent delivery of a specified amount of medication. Many bronchodilators are available in this form and are successfully used by children with asthma. A spacer device attached to the MDI can help with