



Using a Meter-Dose Inhaler and a Spacer

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

Steps

Ensure you are always wearing proper PPE before performing the skill.

USING AN INHALER

1. Check the Six Rights of Medication before proceeding.
2. Tell the patient to rapidly shake the inhaler 3 or 4 times.
3. Have the patient remove the cap from the inhaler.
4. Tell the patient to breathe out, away from the inhaler.
5. Have the patient bring the inhaler to the mouth. Help to put the mouthpiece between the patient's teeth and then tell patient to close his or her lips around it.
6. Tell the patient to press the top of the inhaler once while taking one slow, full breath in.
7. Have the patient hold the breath for as long as comfortable (up to 10 seconds) and then exhale.

USING AN INHALER WITH A SPACER

1. Check the Six Rights of Medication before proceeding.
2. Tell the patient to rapidly shake the inhaler 3 or 4 times.
3. Have the patient remove the cap from the inhaler (and spacer, if applicable).
4. Have the patient put the inhaler into the spacer.
5. Tell the patient to breathe out, away from the spacer.
6. Have the patient bring the spacer to the mouth.
7. Tell the patient to press the top of the inhaler once while taking one slow, full breath in.
8. Have the patient hold the breath for as long as comfortable (up to 10 seconds) and then exhale.

Organizational/local protocol for _____ :

Skill Notes

- If the patient is unable to press the top of the inhaler, you may do it instead if the patient asks you to.