

## Inhaler Technique Assessment Tool

Name \_\_\_\_\_

Inhaler device (Check one):    MDI alone (≥ 5 yrs old)    MDI plus spacer    MDI plus spacer with mask

**Instructions.** Give one point for each step performed correctly (1=Yes, correct technique). Provide a reason for why a step was not done correctly for steps with a score of 0. For boxes with a score of 0, provide more teaching or coaching in these areas until a total score of 5 is obtained. Record the number of attempts until a satisfactory technique is obtained in the column "Coaching".

Sequence of Critical Steps & Criteria		Scoring		Coaching
		Circle 1 or 0		
<b>1) Removes Cap</b>				
Score 1 if:	Score 0 if:	<b>1</b>	<b>0</b>	
<ul style="list-style-type: none"> <li>✓ MDI: Removes cap from mouthpiece.</li> <li>✓ MDI plus spacer (with or without mask): Remove cap(s) AND correctly inserts MDI into spacer.</li> <li>✓ Checks counter (if applicable)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Did not remove cap(s).</li> <li><input type="checkbox"/> Incorrect MDI insertion into spacer.</li> <li><input type="checkbox"/> Metal canister not in plastic mouthpiece correctly.</li> <li><input type="checkbox"/> Other:</li> </ul>			
<b>2) Correctly primes device</b>				
Score 1 if:	Score 0 if:	<b>1</b>	<b>0</b>	
<ul style="list-style-type: none"> <li>✓ Shakes the MDI inhaler AND inhaler is upright.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forgot to shake.</li> <li><input type="checkbox"/> Device held incorrectly (e.g., upside down).</li> <li><input type="checkbox"/> Other:</li> </ul>			
<b>3) Exhales</b>				
Score 1 if:	Score 0 if:	<b>1</b>	<b>0</b>	
<ul style="list-style-type: none"> <li>✓ Exhales completely or breathes out to the end of a normal breath before putting device in mouth.</li> <li>✓ MDI plus spacer with mask: Step above plus ensure good fit of mask (nose and mouth should be covered).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Does not exhale fully.</li> <li><input type="checkbox"/> MDI plus spacer with mask: Nose and mouth not covered with a good seal.</li> <li><input type="checkbox"/> Other:</li> </ul>			
<b>4) Inhales appropriately for device</b>				
Score 1 if:	Score 0 if:	<b>1</b>	<b>0</b>	
<ul style="list-style-type: none"> <li>✓ MDI: Positioned in mouth or 2-3 finger breadths away from mouth. At the same time starts to breathe in slowly to full inspiration, depresses the inhaler to release 1 puff of medicine. Position with chin up. Inspiration should be 30L/min or 3-5 seconds.</li> <li>✓ MDI plus spacer: Places mouthpiece of spacer into the mouth, with lips closed tightly around it to get a good seal, presses the inhaler once. Breathes in slowly through the mouthpiece (30L/min or 3-5 secs).</li> <li>✓ MDI plus spacer with mask: Once mask has good seal over nose and mouth, press inhaler once with slow tidal breathing (breathing in and out) for 3-5 breaths.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Not a good seal between the mouth and mouthpiece/facemask.</li> <li><input type="checkbox"/> Can't synchronize breathing in with puff. (MDI alone)</li> <li><input type="checkbox"/> Head not correctly positioned.</li> <li><input type="checkbox"/> Spray blocked by teeth or tongue.</li> <li><input type="checkbox"/> Breathing in too quickly. (With Aerochamber will hear a whistle)</li> <li><input type="checkbox"/> Inhales through nose.</li> <li><input type="checkbox"/> Delivers 2 sprays at once.</li> <li><input type="checkbox"/> Cough provoked by inhalation.</li> <li><input type="checkbox"/> Tidal breathing technique: Breathes in and out less than 3-5 breaths per dose.</li> <li><input type="checkbox"/> Other:</li> </ul>			
<b>5) Holds breath</b>				
Score 1 if:	Score 0 if:	<b>1</b>	<b>0</b>	
<ul style="list-style-type: none"> <li>✓ Holds breath to count of 10.</li> <li>✓ Lips kept closed while holding breath.</li> <li>✓ Waits 30-60 seconds before repeating process.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Breath held for less than 10 seconds.</li> <li><input type="checkbox"/> Other</li> </ul>			

**Provider:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**TOTAL SCORE:** \_\_\_\_\_