

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		
1) Removes Cap				
Score 1 if:	Score 0 if:	1	0	
<ul style="list-style-type: none"> ✓ MDI: Removes cap from mouthpiece. ✓ MDI plus spacer (with or without mask): Remove cap(s) AND correctly inserts MDI into spacer. ✓ Checks counter (if applicable) 	<ul style="list-style-type: none"> <input type="checkbox"/> Did not remove cap(s). <input type="checkbox"/> Incorrect MDI insertion into spacer. <input type="checkbox"/> Metal canister not in plastic mouthpiece correctly. <input type="checkbox"/> Other: 			
2) Correctly primes device				
Score 1 if:	Score 0 if:	1	0	
<ul style="list-style-type: none"> ✓ Shakes the MDI inhaler AND inhaler is upright. 	<ul style="list-style-type: none"> <input type="checkbox"/> Forgot to shake. <input type="checkbox"/> Device held incorrectly (e.g., upside down). <input type="checkbox"/> Other: 			
3) Exhales				
Score 1 if:	Score 0 if:	1	0	
<ul style="list-style-type: none"> ✓ Exhales completely or breathes out to the end of a normal breath before putting device in mouth. ✓ MDI plus spacer with mask: Step above plus ensure good fit of mask (nose and mouth should be covered). 	<ul style="list-style-type: none"> <input type="checkbox"/> Does not exhale fully. <input type="checkbox"/> MDI plus spacer with mask: Nose and mouth not covered with a good seal. <input type="checkbox"/> Other: 			
4) Inhales appropriately for device				
Score 1 if:	Score 0 if:	1	0	
<ul style="list-style-type: none"> ✓ 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. ✓ 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). ✓ 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. 	<ul style="list-style-type: none"> <input type="checkbox"/> Not a good seal between the mouth and mouthpiece/facemask. <input type="checkbox"/> Can't synchronize breathing in with puff. (MDI alone) <input type="checkbox"/> Head not correctly positioned. <input type="checkbox"/> Spray blocked by teeth or tongue. <input type="checkbox"/> Breathing in too quickly. (With Aerochamber will hear a whistle) <input type="checkbox"/> Inhales through nose. <input type="checkbox"/> Delivers 2 sprays at once. <input type="checkbox"/> Cough provoked by inhalation. <input type="checkbox"/> Tidal breathing technique: Breathes in and out less than 3-5 breaths per dose. <input type="checkbox"/> Other: 			
5) Holds breath				
Score 1 if:	Score 0 if:	1	0	
<ul style="list-style-type: none"> ✓ Holds breath to count of 10. ✓ Lips kept closed while holding breath. ✓ Waits 30-60 seconds before repeating process. 	<ul style="list-style-type: none"> <input type="checkbox"/> Breath held for less than 10 seconds. <input type="checkbox"/> Other 			

Provider: _____

Date: _____

TOTAL SCORE: _____