



How to use Inhalers ?

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Disclosure of Conflict of Interest

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DO NOT have a financial interest/arrangement or affiliation with anyone in relation to this program/presentation/organization that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

Objectives

- Types of inhalers
 - MDI (with spacer , without spacer)
 - DPI (Turbohalar , Diskus)
- Peak Flow Meter

Inhalers

➤ Inhalers are hand-held portable devices that deliver medication directly to the lungs .

☐Types

➤ MDI (Metered Dose Inhalers)

➤ DPI (Dry Powder Inhalers)

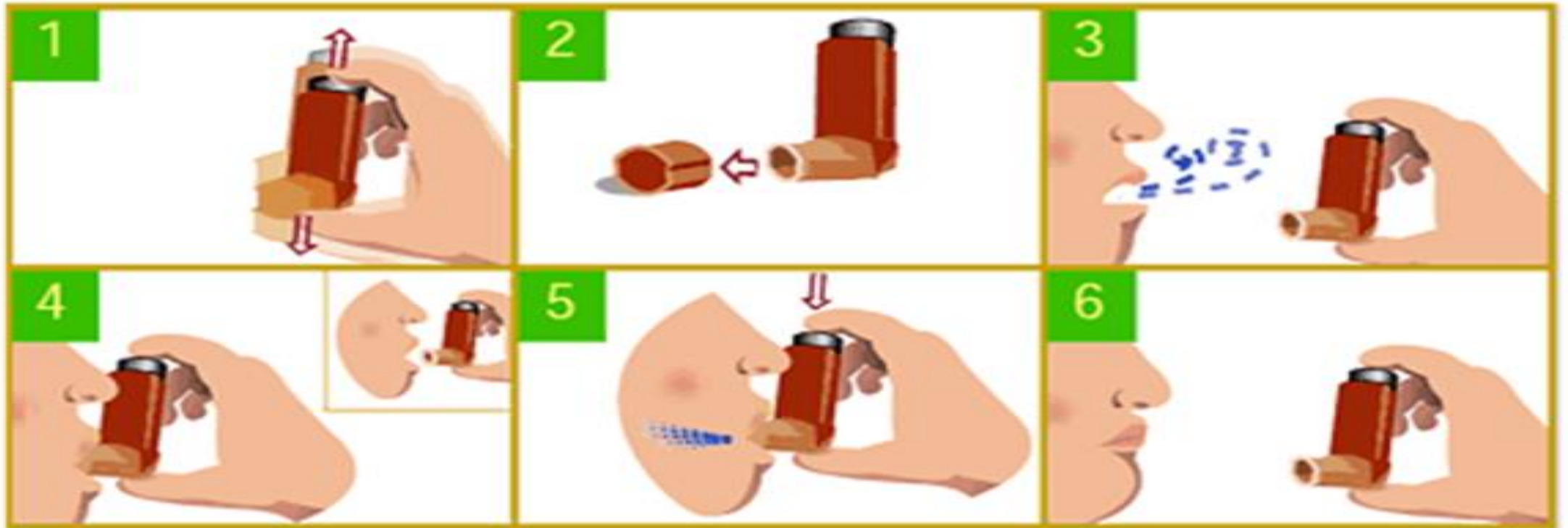
Meter Dose Inhalers

- MDI



MDI without spacer

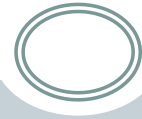
Using MDI without Spacer



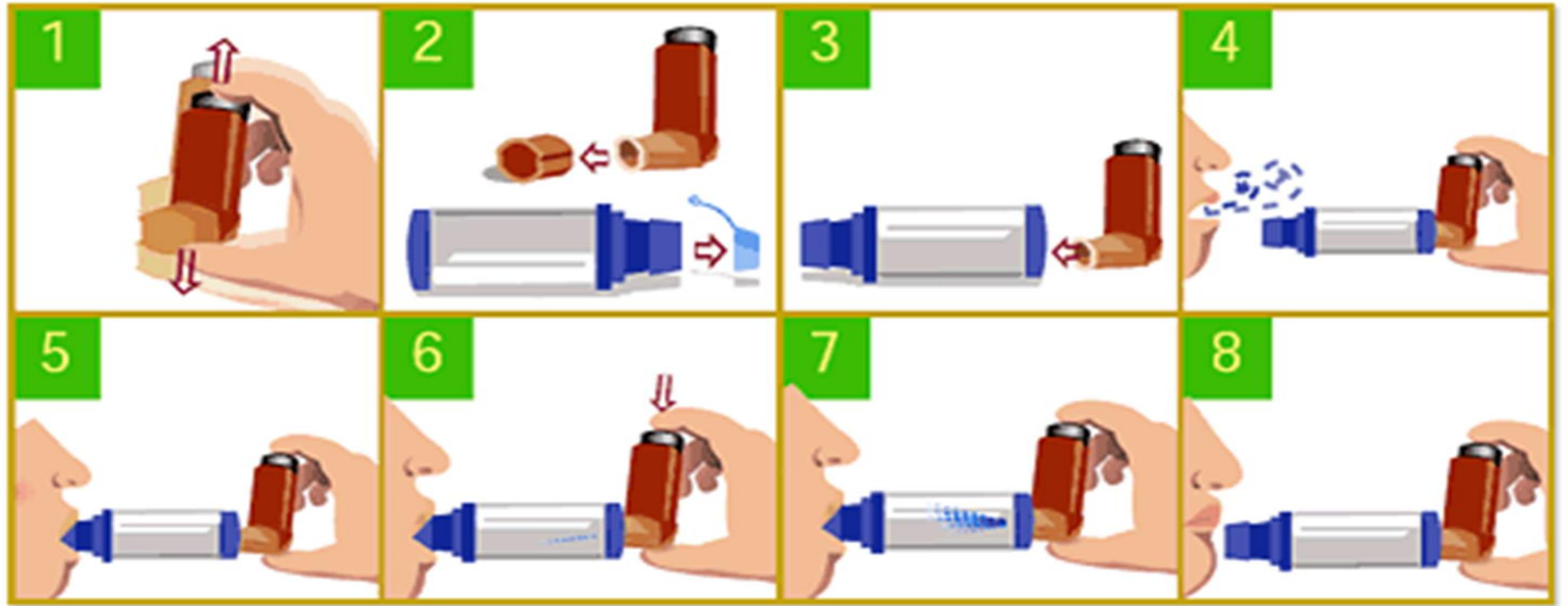
MDI without spacer

- Shake the inhaler well before use (three or four shakes)
- Remove the cap
- Breathe out, away from your inhaler
- Bring the inhaler to your mouth. Place it in your mouth between your teeth and close your mouth around it.
- Start to breathe in slowly. Press the top of your inhaler once and keep breathing in slowly until you've taken a full breath
- Remove the inhaler from your mouth, and hold your breath for about ten seconds, then breathe out
- If you need a second puff, wait 30 seconds, shake your inhaler again, and repeat steps 3-6.
- Always write down the number of puffs you've taken so that you can anticipate when you need to refill your prescription.
- Store all MDI's at room temperature.

MDI with spacer



MDI with spacer



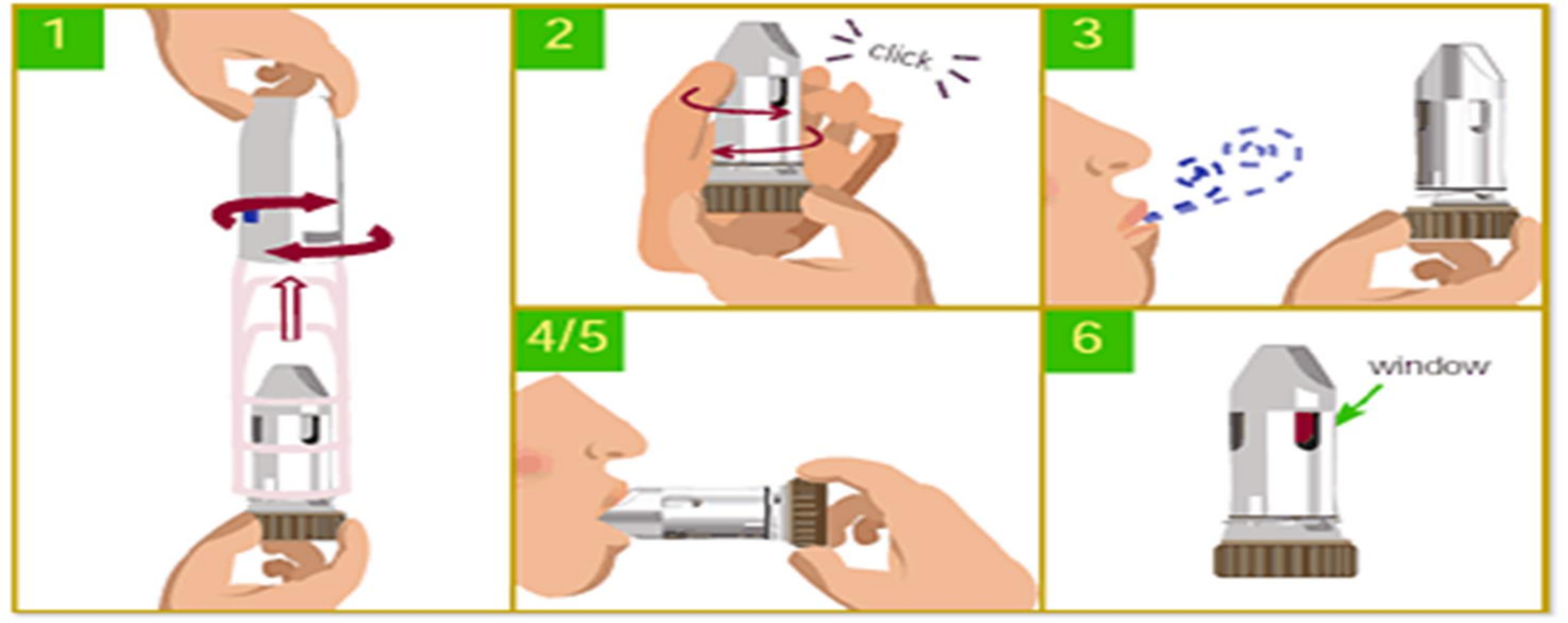
MDI with spacer



- Shake the inhaler well before use (three or four shakes)
- Remove the cap from your inhaler, and from your spacer, if it has one
- Put the inhaler into the spacer
- Breathe out, away from the spacer
- Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it
- Press the top of your inhaler once
- Breathe in slowly until you've taken a full breath. If you hear a whistle sound, you are breathing in too fast. Slowly breathe in.
- Hold your breath for about ten seconds, then breathe out

DPI - Turbohaler



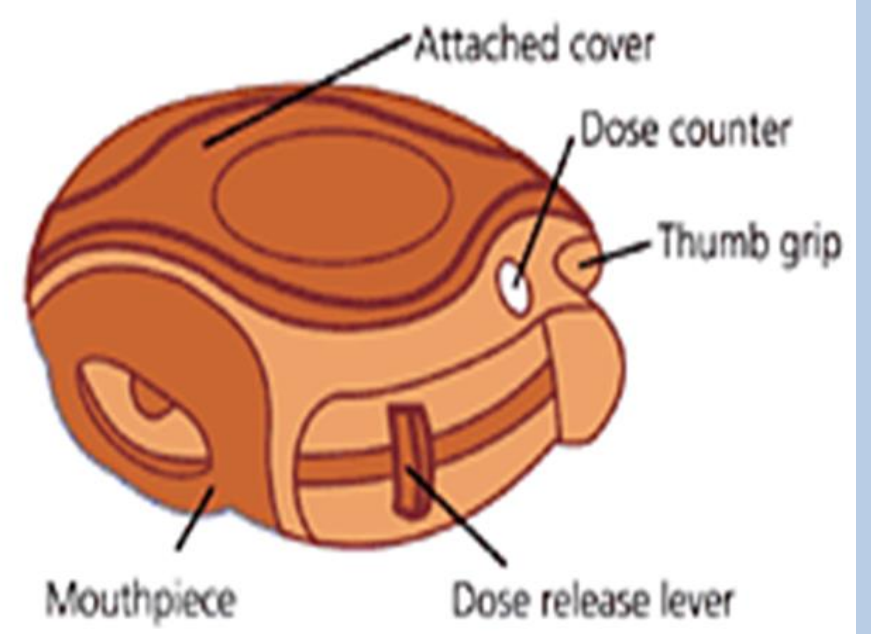
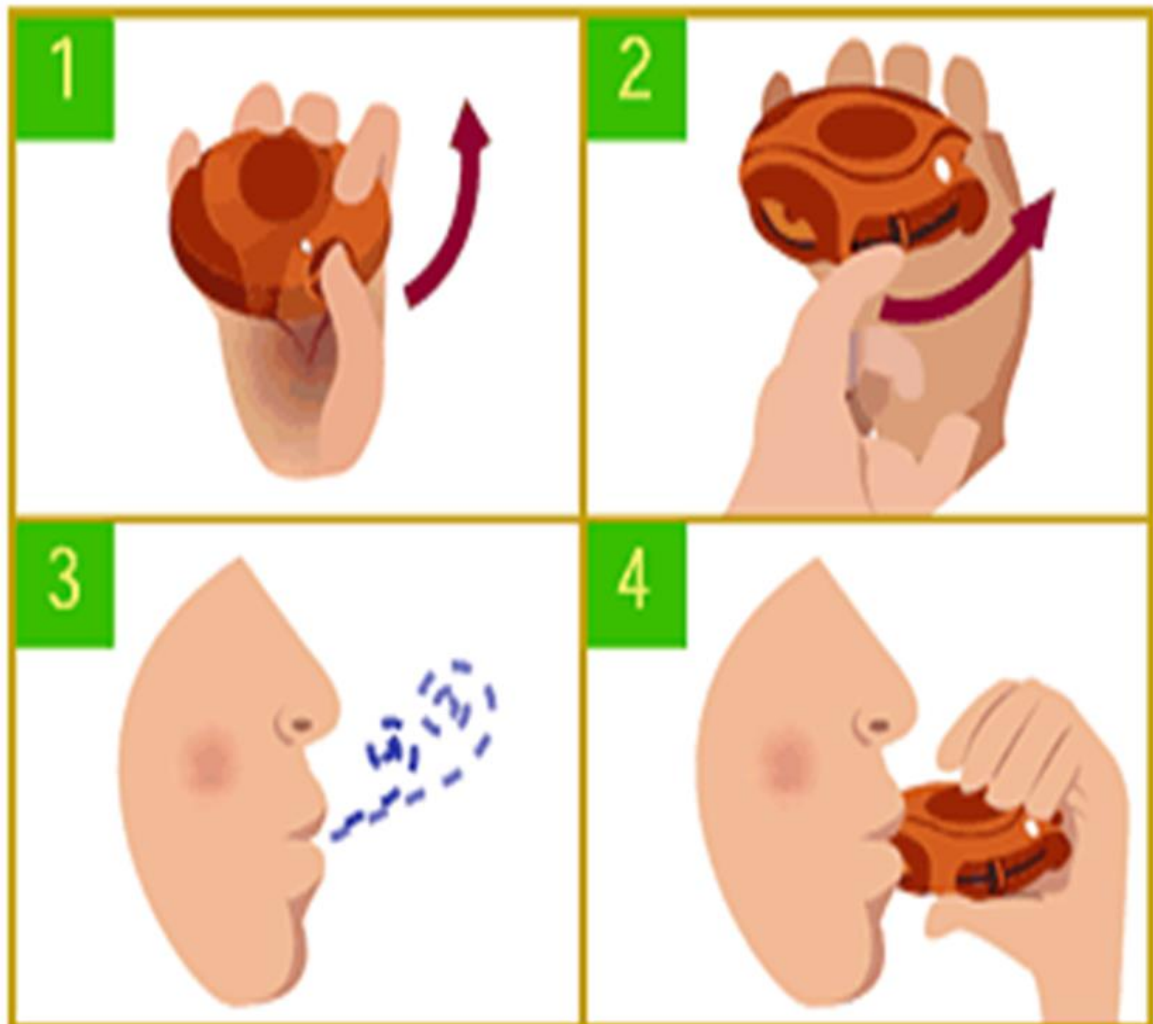


Using Turbuhaler



- Unscrew the cap and take it off. Hold the inhaler upright
- Twist the coloured grip of your Turbuhaler as far as it will go, then twist it all the way back. You've done it right when you hear a "click"
- Breathe out away from the device
- Put the mouthpiece between your teeth, and close your lips around it. Breathe in forcefully and deeply through your mouth
- Remove the Turbuhaler from your mouth before breathing out
- Always check the number in the dose counter window under the mouthpiece to see how many doses are left. For the Turbuhalers® that do not have a dose counter window, check the window for a red mark, which means your medication is running out. When finished, replace the cap
- **Do not use a spacer with the DISKUS®, Turbuhaler® or any other dry powder inhaler**





- Open your DISKUS® hold it in the palm of your hand, put the thumb of your other hand on the thumb grip and push the thumb grip until it clicks into place
- Slide the lever away from you as far as it will go to get your medication ready
- Breathe out away from the device
- Place the mouthpiece gently in your mouth and close your lips around it
- Breathe in deeply until you've taken a full breath
- Remove the DISKUS® from your mouth
- Hold your breath for about ten seconds, then breathe out slowly
- Always check the number in the dose counter window to see how many doses are left.
- **Do not use a spacer with the DISKUS®, Turbuhaler® or any other dry powder inhaler**

Peak Expiratory Flow Meter



Peak Expiratory Flow Meter

- Used to measure the Peak Expiratory Flow Rate (PEFR) .
- Peak flow meter is a small device that measures the fastest rate of air that you can blow out of your lungs, it can detect airway narrowing, commonly used in asthma .

Peak Expiratory Flow Meter

- ❑ To perform this test:
 - Loosen any tight clothing that might restrict your breathing.
 - Sit up straight or stand while performing the tests
 - Breathe in as deeply as possible .
 - Mouthpiece is placed in mouth with lip sealed to prevent escape of air
 - Blow into the instrument's mouthpiece as hard and fast as possible .
 - Do this three times, and record the highest flow rate.



Thank
You

A blue hanging tag with the words "Thank You" written in a white, bubbly, sans-serif font. The tag is suspended by a thin brown string that loops through a small metal ring at the top. The tag has a soft shadow on the white background behind it.