

## Inhaler Device Assessment Tool - Form A1: MDI

Type of inhalation device (**Check one**):  MDI     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.

**When using this checklist as a teaching guide:** 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	Score		Coaching
	1	0	
<p><b>1 Removes cap.</b></p> <p><i>Score 1 if:</i></p> <ul style="list-style-type: none"> <li>✓ MDI: Removes cap from the mouthpiece.</li> <li>✓ MDI plus spacer: Removes cap(s), AND inserts canister into spacer correctly.</li> <li>✓ MDI plus spacer with mask: Removes cap(s), inserts canister mouthpiece into spacer.</li> </ul> <p><i>Score 0 if:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forget to remove cap(s).</li> <li><input type="checkbox"/> Metal canister of MDI not in plastic mouthpiece correctly</li> <li><input type="checkbox"/> Other:</li> </ul>	1	0	
<p><b>2 Correctly primes device.</b></p> <p><i>Score 1 if:</i></p> <ul style="list-style-type: none"> <li>✓ MDI: Shakes the inhaler AND inhaler is upright</li> <li>✓ MDI plus spacer with mask: Shakes and delivers only 1 spray in the chamber, after on face with a good seal.</li> </ul> <p><i>Score 0 if:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forget to shake.</li> <li><input type="checkbox"/> Device held incorrectly (e.g., upside down).</li> <li><input type="checkbox"/> Other:</li> </ul>	1	0	
<p><b>3 Exhales.</b></p> <p><i>Score 1 if:</i></p> <ul style="list-style-type: none"> <li>✓ Exhales completely or breathes out to the end of a normal breath before putting apparatus to mouth.</li> <li>✓ MDI plus spacer: Hear a hissing sound.</li> <li>✓ MDI plus spacer with mask: Good fit of mask (nose and mouth covered).</li> </ul> <p><i>Score 0 if:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Does not exhale fully.</li> <li><input type="checkbox"/> Other:</li> </ul>	1	0	
<p><b>4 Inhales appropriately for device.</b></p> <p><i>Score 1 if:</i></p> <ul style="list-style-type: none"> <li>✓ MDI: Positioned 2-3 finger widths away from widely opened mouth. At the same time starts to breathe in slowly and depresses the inhaler to release 1 puff of medication. Continues breathing in slowly for about 5 seconds. Position with chin up.</li> <li>✓ MDI plus spacer: Puts the mouthpiece of spacer in the mouth, lips closed tightly around it, presses the inhaler. Breathes in slowly and deeply through the mouth for about 5 seconds.</li> <li>✓ MDI plus spacer with mask: Good seal over nose and mouth, press the inhaler, slow tidal breathing (that is, regular breathing in and out).</li> </ul> <p><i>Score 0 if:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Head not correctly positioned.</li> <li><input type="checkbox"/> Block spray with teeth or tongue.</li> <li><input type="checkbox"/> Blue or yellow Aerochamber: Hear a musical sound or whistling; breathing in too quickly.</li> <li><input type="checkbox"/> Does not synchronize breathing in with puff (MDI alone).</li> <li><input type="checkbox"/> Inhales through nose.</li> <li><input type="checkbox"/> Delivering 2 sprays at once in the chamber for 1 inhalation.</li> <li><input type="checkbox"/> Cough provoked by inhalation.</li> <li><input type="checkbox"/> Other:</li> </ul>	1	0	
<p><b>5 Holds breath.</b></p> <p><i>Score 1 if:</i></p> <ul style="list-style-type: none"> <li>✓ Person holds breath to count of 10 seconds.</li> <li>✓ Lips kept closed while holding breath.</li> <li>✓ MDI plus spacer with mask: No breath hold (see tidal breathing above)</li> <li>✓ Person waits 30-60 seconds before repeating process</li> </ul> <p><i>Score 0 if:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Holds breath for less than 10 seconds.</li> <li><input type="checkbox"/> MDI plus spacer with mask: Holds breath in and out less than 6 times per dose of medication. (child &lt;6 years)</li> <li><input type="checkbox"/> Other:</li> </ul>	1	0	
<p>Date: _____</p> <p style="text-align: center;">dd/mm/yyyy</p>			
			<b>TOTAL SCORE</b>

## Inhaler Device Assessment Tool – Dry Powder

Type of inhalation device (Check one):     Diskus®     Flexhaler®     Twisthaler

Instructions. Give ne 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.

\*When using this checklist as a teaching guide: 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	Score Circle 1 or 0		Coaching
<p><b>1 Removes cap.</b>  <i>Score 1 if:</i>                      ✓ Diskus: Opens the Diskus apparatus using the thumb grip (a click heard when it is open all the way).                      ✓ Flex/Twist: Removes the outside cover.</p> <p><i>Score 0 if:</i>  <input type="checkbox"/> Forget to open Diskus or remove outside cover of Flex/Twist.  <input type="checkbox"/> Forget to remove cap (Flex/Twist)  <input type="checkbox"/> Other:</p>	1	0	
<p><b>2 Correctly primes device.</b>  <i>Score 1 if:</i>                      ✓ Diskus: Slides the lever as far as it will go until a click is heard.                      ✓ Flex/Twist: Turns the colored grip or base ring all the way in one direction until it stops, then back again until a click is heard.</p> <p><i>Score 0 if:</i>  <input type="checkbox"/> Device held incorrectly (e.g., upside down).  <input type="checkbox"/> If click not heard for Flex/Twist or Diskus.  <input type="checkbox"/> Other:</p>	1		
<p><b>3 Exhales.</b>  <i>Score 1 if:</i>                      ✓ Exhales normally before putting the apparatus to the mouth.</p> <p><i>Score 0 if:</i>  <input type="checkbox"/> Flex/Twist/Diskus: Exhaling into device.  <input type="checkbox"/> Does not exhale fully.  <input type="checkbox"/> Other:</p>	1	0	
<p><b>4 Inhales appropriately for device</b>  <i>Score 1 if:</i>                      ✓ Diskus: With mouthpiece to the lips and position chin up, inhales quickly and deeply.                      ✓ Flex/Twist: Puts the mouthpiece between the lips, position chin up, and breathes in quickly and forcefully through the mouth.</p> <p><i>Score 0 if:</i>  <input type="checkbox"/> Not a good seal between the mouth and mouthpiece of any device. Head not correctly positioned.  <input type="checkbox"/> Block spray with teeth or tongue.  <input type="checkbox"/> Cannot synchronize breathing in with puff.  <input type="checkbox"/> Inhales through nose.  <input type="checkbox"/> Cough provoked by inhalation.  <input type="checkbox"/> Flex/Twist or Diskus breathing in slowly.  <input type="checkbox"/> Other:</p>	1	0	
<p><b>5 Holds breath.</b>  <i>Score 1 if:</i>                      ✓ Person holds breath to count of 10 seconds.                      ✓ Lips kept closed while holding breath.</p> <p><i>Score 0 if:</i>  <input type="checkbox"/> Holds breath for less than 10 seconds.  <input type="checkbox"/> Other:</p>	1	0	

Date \_\_\_\_\_  
           dd/mm/yy

Time:

**TOTAL SCORE**