

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	
✓ 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)	☐ Did not remove cap(s). ☐ Incorrect MDI insertion into spacer. ☐ Metal canister not in plastic mouthpiece correctly. ☐ Other:			
2) Correctly primes device				
Score 1 if:	Score 0 if:	1	0	
✓ Shakes the MDI inhaler AND inhaler is upright.	☐ Forgot to shake. ☐ Device held incorrectly (e.g., upside down). ☐ Other:			
3) Exhales				
Score 1 if:	Score 0 if:	1	0	
✓ 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).	☐ Does not exhale fully. ☐ MDI plus spacer with mask: Nose and mouth not covered with a good seal. ☐ Other:			
4) Inhales appropriately for device				
Score 1 if:	Score 0 if:	1	0	
✓ 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.	☐ Not a good seal between the mouth and mouthpiece/facemask. ☐ Can't synchronize breathing in with puff. (MDI alone) ☐ Head not correctly positioned. ☐ Spray blocked by teeth or tongue. ☐ Breathing in too quickly. (With Aerochamber will hear a whistle) ☐ Inhales through nose. ☐ Delivers 2 sprays at once. ☐ Cough provoked by inhalation. ☐ Tidal breathing technique: Breathes in and out less than 3-5 breaths per dose. ☐ Other:			
5) Holds breath				
Score 1 if:	Score 0 if:	1	0	
✓ Holds breath to count of 10. ✓ Lips kept closed while holding breath. ✓ Waits 30-60 seconds before repeating process.	☐ Breath held for less than 10 seconds. ☐ Other			

Provider:

Date:

TOTAL SCORE: