



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler InspiraChamber® with mask for children

From the age of 0 until 4. Please pay attention to the right size of the mask.

An indication is:

For the age of 0 to 6 months: small mask.

For the age of 6 months to 4 years: medium mask.

For the age from 4 years, if conscious inhalation with mouthpiece is not possible: either the adult mask or the medium mask, which has a better fit.

Every InspiraChamber®'s children's package with either small or medium mask contains 2 masks: one Soother mask (with a soother) and one InspiraMask (without the soother).

Patient information

1. Discuss the purpose and the mode of action of the medication.

Preparation

Before the first use:

2. Remove the cap from both the inhaler .
 3. Shake the inhaler well and spray three doses.

Before every use:

4. Remove the cap from both the inhaler and the InspiraChamber®.
 5. If the inhaler hasn't been used for a week, shake the inhaler well and spray one dose.
 6. The mouth has to be empty.
 7. Shake the inhaler well.
 8. Put the inhaler with the opening downwards straight into of the InspiraChamber®.
 9. The inhaler with the InspiraChamber® is now ready for use.

Inhalation with InspiraMask (does not contain an opening for a soother)

10. Put the InspiraMask on the InspiraChamber® and make sure it's attached well.
 11. Let the child sit on your lap or a chair, or stand up straight with his/her head slightly backwards.
 12. Hold the InspiraChamber® horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose.
 13. – Press down the inhaler canister once.
– **Let the child inhale and exhale slowly 5 times through the InspiraChamber®.**
The SealVision visual indication should open and close visibly.
– Make sure to keep an effective seal and that there are no tears on the child's cheeks.
 14. Let the child inhale with less force if the inhaler gives a 'whistle' sound.
 15. If an extra dose is prescribed, shake the inhaler with the InspiraChamber® well and repeat steps 7 to 14. Do not press more than one dose into the InspiraChamber®.

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- 16. Remove the inhaler from the InspiraChamber®, put the cap back on the inhaler.
- 17. After inhaling, rinse the mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something, and wash the face.

Inhalation with SootherMask (contains an opening for a soother)

- 10. Put the SootherMask on the InspiraChamber® and make sure it's attached well.
- 11. Place the soother of the child in the SootherMask (moisten the soother to make the process a little easier).
- 12. Let the child sit on your lap or a chair, or stand up straight with his/her head slightly backwards.
- 13. Hold the InspiraChamber® horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose and let the child suck on the soother.
- 14.
 - Press down the inhaler canister once.
 - **Let the child inhale and exhale slowly 5 times through the InspiraChamber®.**
 - The SealVision visual indication should open and close visibly.
 - Make sure to keep an effective seal and that there are no tears on the child's cheeks.
- 15. Let the child inhale with less force if the inhaler gives a 'whistle' sound.
- 16. If an extra dose is prescribed, shake the inhaler with the InspiraChamber® well and repeat steps 7 to 15. Do not press more than one dose into the InspiraChamber®.
- 17. Remove the inhaler from the InspiraChamber®, put the cap back on the inhaler.
- 18. After inhaling, rinse the mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something, and wash the face.

Cleaning

- 19. Clean the InspiraChamber® once a week.
- 20. Dismantle the InspiraChamber®. Remove the backpiece and the mask of the InspiraChamber®.
- 21. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 22. Rinse the InspiraChamber® but do not dry it.
- 23. Leave the InspiraChamber® to air dry.
- 24. Make sure the components are dry before the InspiraChamber® is assembled.

Important points

- 25. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. A suggestion is to tally the doses and put down the date of embarking. Some inhalers have a dose counter to tell you exactly how many doses are left.
- 26. Keep the inhaler at room temperature.
- 27. Replace the InspiraChamber® once a year.

Finally

- 28. Have a look at an instructional film which shows these steps in action.

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These English protocols are based on the inhalation protocols of the Dutch Lung Alliance and are being translated by the ADMIT group www.admit-inhalers.org.

The Dutch Lung Alliance encourages dissemination of the protocols and the instructions. The most recent versions and terms of use can be found at the website www.inhalatorgebruik.nl