



School Nurse Assessment of Student's Inhaler Technique

Note: Please keep this checklist with student's inhaler. Use this checklist to assess whether or not the student is using the inhaler properly throughout the school year. For each assessment, observe the student using the inhaler and indicate **Y** for steps done properly and **N** for steps missed or done improperly. As needed during each assessment, educate the student on proper inhaler use. The goal is for the student to use the inhaler properly without instruction. Please conduct assessments each time student uses inhaler.

	Write in Assessment Date at top of column:					
STEP	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
1. REMOVE cap <ul style="list-style-type: none"> ▪ MDI: Removes cap from mouthpiece ▪ MDI plus spacer with/without mask: Removes cap(s), AND inserts canister into spacer correctly 						
2. SHAKE inhaler <ul style="list-style-type: none"> ▪ MDI/MDI plus spacer: Shakes inhaler AND inhaler is upright 						
3. BREATHE OUT <ul style="list-style-type: none"> ▪ Breathes out fully before putting device to mouth ▪ MDI plus spacer with mask: Good fit of mask; nose and mouth covered 						
4. BREATHE IN appropriately <ul style="list-style-type: none"> ▪ MDI: Position in mouth or two to three finger breadths away from mouth, breathe in slowly and depress inhaler to release 1 puff. Continues breathing in slowly for about 5 seconds. Position with chin up ▪ MDI plus spacer: Place mouthpiece of spacer in mouth, close lips around it and press down on inhaler to get 1 puff into spacer. Breathe in slowly and deeply for about 5 seconds ▪ MDI plus spacer with mask: Good seal over nose and mouth, press inhaler to get 1 puff into spacer, slow regular breathing in and out 						
5. HOLD breath <ul style="list-style-type: none"> ▪ Hold breath and count to 10 with lips kept closed ▪ MDI plus spacer with mask: No breath hold, regular breathing in and out 5-6 times ▪ Repeat steps 4 & 5 without any additional medication to be sure all medication has been inhaled ▪ Wait 60 seconds to take next puff and repeat process 						
Student is able to properly STATE or DEMONSTRATE steps. (Record number of steps properly stated or demonstrated)						