



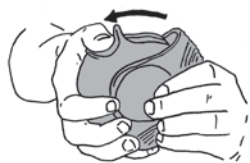
**Asthma Devices -
how to use them
and
Asthma First Aid**

Accuhalers

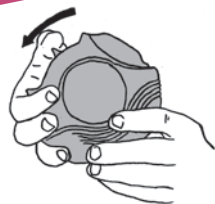
Accuhalers contain medication as a dry powder.

How to use an Accuhaler

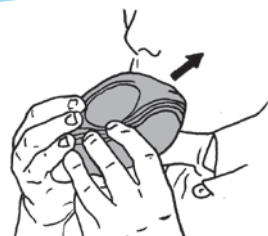
Device Check: Is the person able to use **device**?



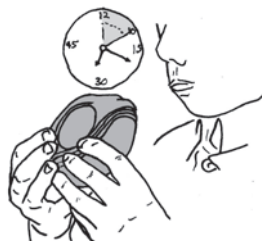
1 Hold Accuhaler by its base in one hand. Place thumb of other hand on thumb grip. Open Accuhaler by pushing thumb grip around until it clicks.



2 Slide lever until it clicks. The medication is now loaded.



3 Breathe out away from Accuhaler. Put mouthpiece in mouth ensuring good seal is formed. Breathe in steadily through mouth for up to 5 seconds.



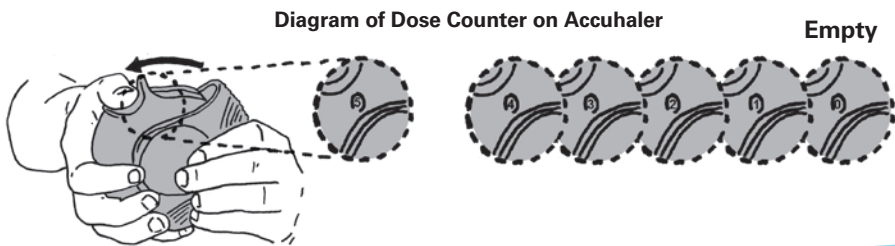
4 Remove Accuhaler from mouth then hold breath for up to 10 seconds, then breathe out gently away from Accuhaler.

5 If another dose is required push lever back to starting position and repeat steps 1 – 4.

6 Close Accuhaler.

How can I tell when the Accuhaler is empty?

There are 60 doses of medication in an Accuhaler. A dose counter on the side of the Accuhaler will show how many doses remain. The last 5 show up red.



How to look after an Accuhaler

- Avoid breathing into the Accuhaler
- Always keep it dry
- Keep it closed when not being used
- Wipe the mouthpiece with a clean dry tissue

Autohalers

Autohalers are breath activated so the problem of coordination is reduced.

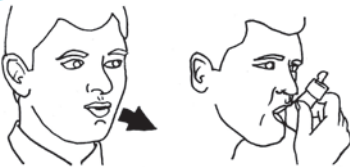
How to use an Autohaler



- 1** Shake Autohaler to mix medication and propellant.



- 2** Remove cover from Autohaler mouthpiece. Hold Autohaler in upright position without blocking vents at base. Lift grey lever at top of device.



- 3** Breathe out, tilt chin up. Put mouthpiece in mouth, closing lips firmly around it. Breathe in through mouth steadily and deeply for approximately 5 seconds. The Autohaler will fire a dose of medication automatically.



- 4** Remove autohaler, close mouth and hold breath for up to 10 seconds. Breathe out slowly through the nose.



- 5** Return grey lever to original position.

Repeat steps 1 – 5 if another dose is needed

How can I tell when the Autohaler is empty?

- Load the Autohaler by holding it upright and lifting up the grey lever
- There is a small sliding lever on the bottom of the Autohaler. Slide the lever across
- If the Autohaler doesn't fire any medication, it is empty

How do I care for an Autohaler?

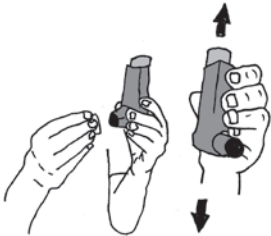
- Remove mouthpiece and rinse the mouthpiece in warm water
- Leave to air dry, then replace mouthpiece cover
- Do not push anything into the mouthpiece, as this may cause damage

Small Spacers

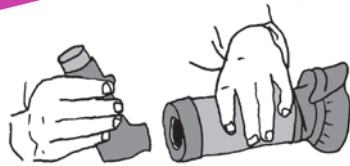
Small Volume Spacers with or without a Mask

A spacer holds the spray from a puffer until the medication is breathed into the lungs. Some spacers can be used with masks, which is useful if someone is frail or unwell.

How to use a spacer and mask



- 1** Remove cap from puffer. Shake puffer well.



- 2** Attach puffer to end of spacer.



- 3** Gently place mask over mouth and nose so there are no gaps around edges.



- 4** Press down on puffer once to fire medication into spacer. Breathe in and out normally for 4 breaths **or** breathe out, then breathe in for 5 seconds, hold for up to 10 seconds and breathe out.

- 5** To take more medication, shake puffer and repeat steps 2 – 4.

Note: Never spray any more than one puff of the medication into the spacer at any time.

How should you look after your spacer and mask?

for personal use only

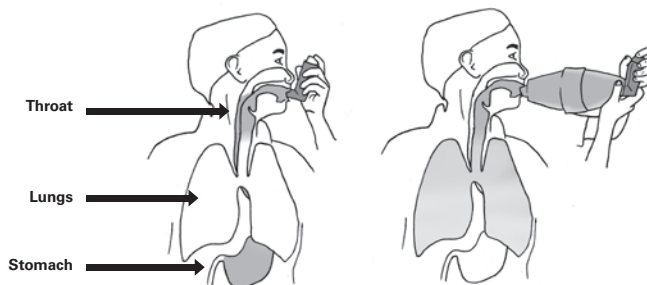
Static electricity builds up inside Spacers. This makes the medication stick to the inside of the Spacer, instead of the lungs. To reduce static build up, Spacers should be washed when first bought, then monthly or more often if the valve becomes blocked. Wash the mask as required, in the method described below.

- Wash in warm soapy water
- Do not rinse
- Allow to air dry. Do not wipe
- Wipe the mouthpiece clean of detergent before use

Why use a Spacer?

- It gets more of the medication down into the lungs, so medicine will work better

Picture showing drug deposition of medication in lungs with spacer vs no spacer



- Spacers can work just as well as a nebuliser, and they are cheaper and easier to carry around

Spacers

How to use a Spacer

Assemble the Spacer (if not already assembled)



- 1** Remove cap from puffer. Shake puffer well. Attach puffer to end of Spacer.



- 2** Place mouthpiece of Spacer in mouth and ensure lips seal around it.



- 4** Breathe in and out normally for 4 breaths, **or** breathe out gently then breathe in for 5 seconds, hold for up to 10 seconds and breathe out.



- 3** Press down on puffer canister once to fire medication into Spacer.

- 5** To take more medication, shake puffer and repeat steps 2 – 4.

Never spray more than one puff of medication into Spacer at any time. More medication will get into lungs by doing one puff at a time.

How should you look after a Spacer?

For personal use only

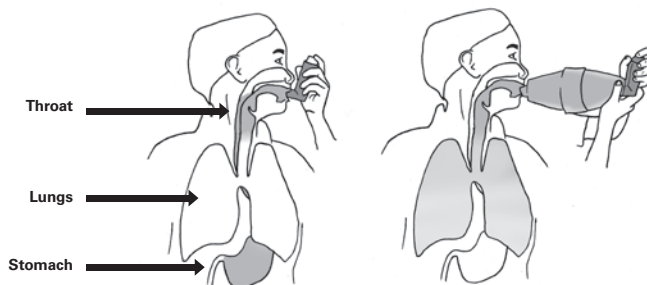
Static electricity builds up inside Spacers. This makes the medication stick to the inside of the Spacer, instead of the lungs. To reduce static build up, Spacers should be washed when first bought, then monthly or more often if the valve becomes blocked.

- Take the Spacer apart and wash in warm soapy water. Do not rinse
- Allow to air dry. Do not wipe dry
- Wipe the mouthpiece clean of detergent before use
- Do not keep in a plastic bag, as this also increases static

Why use a Spacer?

- It gets more of the medication down into the lungs, so medicine will work better

Picture showing drug deposition of medication in lungs with spacer vs no spacer



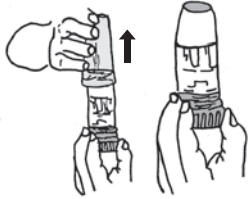
- Spacers can work just as well as a nebuliser, and they are cheaper and easier to carry around

Turbuhalers

Turbuhalers contain medication as a dry powder that requires deep inhalation to get medication into the lungs

How to use a Turbuhaler

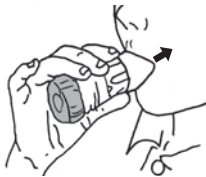
Device Check: Is the person able to use **device**?



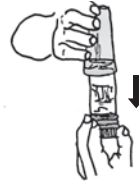
1 Unscrew and lift off cap.



2 Hold Turbuhaler upright. Twist coloured base to the right then left, until it clicks.



3 Breathe out gently away from Turbuhaler. Do not blow on it. Put mouthpiece in mouth ensuring a good seal is formed with lips. Breathe in through mouth forcefully and deeply for approximately 5 seconds.



4 Remove Turbuhaler from mouth before breathing out.

5 Replace cap.

6 To take more medication repeat steps 2 – 4.

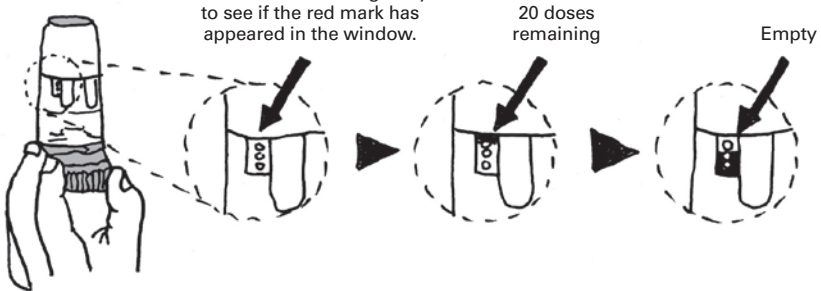
Note: You will not get a higher dose by twisting the coloured base more than once at the same time.

How can I tell when a Turbuhaler is empty?

The indicator on the side of the device will either highlight the doses left in the device (Symbicort) or appear red to indicate that it is nearly empty (Bricanyl, Pulmicort and Oxis). See picture below.

Picture of Turbuhaler showing dose indicator.

Your Turbuhaler is equipped with a dose indicator. You will need to check regularly to see if the red mark has appeared in the window.



Note: The rattling you hear when you shake the Turbuhaler is the drying agent built into the coloured base of the Turbuhaler, and is not the medication.

How should I clean a Turbuhaler?

It is important not to get any part of a Turbuhaler wet. If it needs cleaning, just wipe a dry tissue over the mouthpiece. Always keep the cap on when not in use.

Asthma First Aid

1

Sit the person upright, be calm and reassuring.

Do not leave them alone.

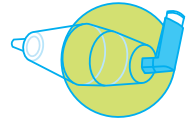


2

Give 4 separate puffs of a blue reliever*

The medication is best given one puff at a time via a spacer device.

Ask the person to take 4 breaths from the spacer after each puff of medication. If a spacer is not available, use the blue reliever puffer on its own.



3

Wait 4 minutes.



4

If there is little or no improvement repeat steps 2 and 3.

If there is still no improvement call an ambulance immediately (DIAL 000).

Continue to repeat steps 2 and 3 while waiting for the ambulance.



*A Bricanyl Turbuhaler may be used in first aid treatment if a puffer and spacer is unavailable.

If the person's condition suddenly deteriorates or you are concerned at any time call an ambulance immediately (DIAL 000).

For further information:

1800 645 130

(office hours)

www.asthmaaustralia.org.au

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