

## MODEL PROTOCOL

### INHALER WITH A SPACER OR VALVED-HOLDING CHAMBER

Disclaimer: NASN's model protocols and/or language are intended as examples that may serve as a tool for those responsible for drafting protocols that meet the needs of a local school or district. These examples are not authoritarian, nor should they be viewed as complying with any requirements specific or unique to any school or district. Model policies and language should not substitute or replace the advice of legal counsel and/or research on applicable federal or local laws, regulations or ordinances.

#### Needed Supplies:

- Fast-Acting Inhaler
- Spacer
- Student's Individualized Health Plan/Asthma Action Plan and/or healthcare provider's order

#### Procedure:

1. Gather needed supplies and place on clean surface.
2. Position student providing for as much privacy as possible.
3. Wash hands.
4. If student will be administering medication, have student wash hands.
5. Check for authorization forms/record:
  - a. medication administration form
  - b. healthcare provider
  - c. parent/guardian.
6. Check the medication to ensure that it is:
  - a. for the right child
  - b. the right medication
  - c. the right dose
  - d. being given at the right time
  - e. being given by the right route
  - f. not expired.
7. Make sure the inhaler and spacer are free of foreign objects.
8. Shake the inhaler for 10 seconds to mix the medicine.
9. Remove the cap from the mouthpiece.
10. Prime the inhaler if indicated.
  - a. When the MDI is brand new or has not been used for a while, the medication may separate from the other ingredients in the canister and the metering chamber. Shaking the MDI will mix the ingredients in the drug reservoir but may not produce enough turbulence to re-blend the ingredients in the metering chamber. Priming, or releasing one or more sprays into the air, ensures your next dose will contain the labeled amount of medication.
11. Place the inhaler mouthpiece onto the end of the spacer.
12. Hold the inhaler between your index finger and thumb.

13. Have the student stand up and take a deep breath in, and breathe out.
14. Have the student put the end of the spacer into their mouth, between their teeth and above their tongue.
15. Have the student close their lips around the spacer.
16. Press down on the top of the inhaler once.
17. Instruct the student to breathe in very slowly until they have taken a full breath.
18. If you hear a whistle sound instruct the student to breathe slower—the breath in should take at least 3-5 seconds.
19. Instruct the student to hold their breath for 5 to 10 seconds.
20. Instruct the student to breathe out slowly through their mouth.
21. Wait 1 minute before having the student take a second puff, if ordered.
22. Repeat steps 13 through 20 if taking a second puff.
23. Have student rinse out their mouth with water and spit.
24. Wash hands.
25. Document medication administration in student's medication administration log.
26. Follow up, as needed, with parents/guardian and healthcare provider.

### **Cleaning the Spacer:**

1. Remove the mouthpiece and the rubber piece that holds the inhaler.
2. Soak the mouthpiece, rubber piece and plastic chamber in warm water and a small amount of dish soap.
3. Rinse with clean water.
4. Shake off excess water and dry on clean surface in a vertical position, with the mouthpiece side up.
5. Do not dry with a cloth or paper towel.
6. Once dry, store in clean container or bag.

### **Cleaning the Inhaler:**

1. Remove the canister from the actuator.
2. Run warm water through the top and bottom of plastic actuator (do not boil or place the actuator in the dishwasher).
3. Shake off the excess water.
4. Allow the actuator to air dry on a clean surface prior to putting canister back in.

### **References:**

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