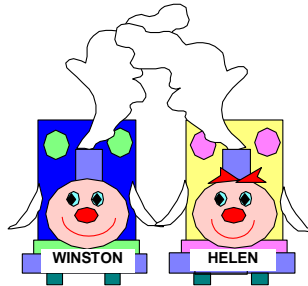


## Paediatric Department

**0151 430 1627/1791**



## Guide to asthma inhalers and spacers

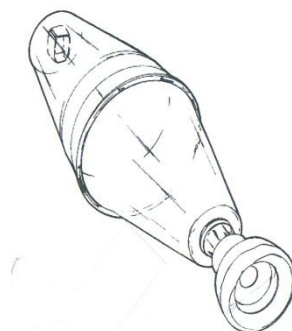
**Patient / Carer  
Information Leaflet**

**Whiston Hospital  
Warrington Road  
Prescot L35 5DR**

A positive attitude is encouraged at all times when using inhalers and spacers with children. Initiating play tactics whenever possible will encourage the child to tolerate the mask on their face gently. Hold the mask in situ for a slow count to ten after each actuation (puff) of the inhaler. Parents and nursing staff can sing a nursery rhyme instead of counting if they wish or get the child to watch a favourite video or look through a picture book. Distraction and praise is the key to success!

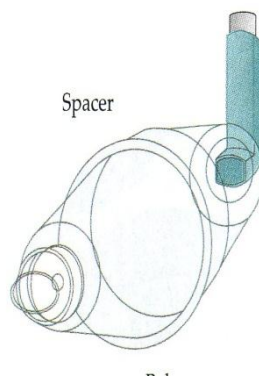
### **Volumatic and Mask for age 0 to 4 or 5 years.**

- Suitable for delivering inhaled medication via metered dose inhalers such as: Becolomethasone/Clenil Salbutamol, Flixotide, Serevent & Seretide.
- The device will also accommodate an Atrovent metered dose inhaler.



### **Volumatic and MDI for age 5 and above.**

- Encourage the child to take six slow deep breaths (tidal breathing) after each per puff of the inhaler.
- Always put single puffs of the inhaler into the spacer e.g. one puff at a time.
- Shake the inhaler after each actuation.



## AeroTrach

The AeroTrach is suitable to deliver any make of medication using a metered dose inhaler (MDI)

- For delivering medication via a tracheostomy only.
- Ordered by Michele (PRNS) for individual patients.



## Aerochamber

- Suitable for any make of inhaled medication using an MDI. For children with compliance problems.

### Made in three sizes

- Infant 0-2 years – Orange with mask
- Child 2-5 years – Yellow with mask
- Older child > 5 years – Blue with mouthpiece. Older complex needs child – Blue with mask.



If in doubt which inhaler or spacer to use ask Michele (PRNS) or one of the many Respiratory Link Nurses on the wards. More information is available in the Asthma Resource File on all the wards in A & E and on the hospital Intranet filed in Paediatric Patient information.

Always wash the child's face after using a face mask when using inhaled steroids or get the child to rinse their mouth and spit out afterwards. You can also encourage them to clean their teeth to aid good oral hygiene and prevent oral Candida (Thrush).

**This leaflet is available in alternative languages/formats on request**

Created by: Paediatric Services

Last Revised: April 2015

Review Date: April 2018