


# Inhalers in Children

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Women's and Children**



 = Includes built-in dose counter

## Inhaled Bronchodilators

inhaled bronchodilators relax tight airways (bronchoconstriction), bronchodilators treat the noisy part of asthma: coughing, wheezing, choking and shortness of breath

**Short-Acting Inhaled Bronchodilators (3-6 hours)**

- Albuterol (generic)** HFA (short-acting)
- Alupent** HFA (short-acting)
- Atrovent** HFA (short-acting)
- Combivent** HFA (short-acting)
- Maxair Autohaler** (short-acting)
- ProAir** HFA (short-acting)
- Proventil** HFA (short-acting)
- Ventolin** HFA (short-acting)
- Xopenex** HFA (short-acting)

## Inhaled Anti-Inflammatories

inhaled corticosteroids and other anti-inflammatories reduce and prevent airway inflammation (swelling). Used daily, anti-inflammatories treat the underlying part of asthma that you may not feel so well

**Long-Acting Inhaled Bronchodilators (12 hours)**

- Foradil Aerolizer** (long-acting)
- Serevent Diskus** (long-acting)

**Inhaled Anti-Inflammatories**

- Azmacort** (corticosteroid)
- Flovent Diskus** 50 mcg (corticosteroid)
- Flovent HFA** 44 mcg, 110 mcg, 220 mcg (corticosteroid)
- Intal** (corticosteroid)

## Combination Medications

Combination medications contain both long-acting bronchodilator and inhaled corticosteroid components.

**Combination Medications**

- Asmanex Twisthaler** 220 mcg (corticosteroid and long-acting bronchodilator)
- AeroBid, AeroBid-M** (corticosteroid and long-acting bronchodilator)
- Advair Diskus** 100/50, 250/50, 500/50 (corticosteroid and long-acting bronchodilator)
- Advair HFA** 45/21, 115/21, 230/21 (corticosteroid and long-acting bronchodilator)
- Symbicort (HFA)** 80/4.5, 160/4.5 (corticosteroid and long-acting bronchodilator)
- Pulmicort Flexhaler** 90 mcg, 180 mcg (corticosteroid and long-acting bronchodilator)
- QVAR (HFA)** 40 mcg, 80 mcg (corticosteroid and long-acting bronchodilator)



## Metered Dose Inhalers (MDIs)

1. Shake thoroughly
2. For first time, or if it has not been used for 5 days or more prime inhaler (2 puffs)
3. Check inside and outside the mouthpiece to ensure it's clear
4. Place inhaler into spacer.
5. The inhaler should be held upright with the bottom of the container
6. Position spacer as appropriate, press down the canister to release a puff
7. Breathe steadily and deeply (count 10 breathes per puff)
8. Rinse mouth out after steroid inhaler
9. Clean once a week





## Breath actuated metered dose inhalers

1. Shake inhaler vigorously
2. Prime for first use or if not used for more than 5 days (2 puffs)
3. Hold upright. Open mouthpiece. Place in mouth
4. Do not block airholes
5. Slow and deep breaths
6. After a deep breathe out press on canister and deep breath in
7. Remove inhaler and hold breath for 10 seconds then, exhale slowly
8. After using the inhaler, hold it upright and close the cap immediately
9. Clean inhaler once a week, especially in the mouthpiece to prevent deposits from the aerosol building up.

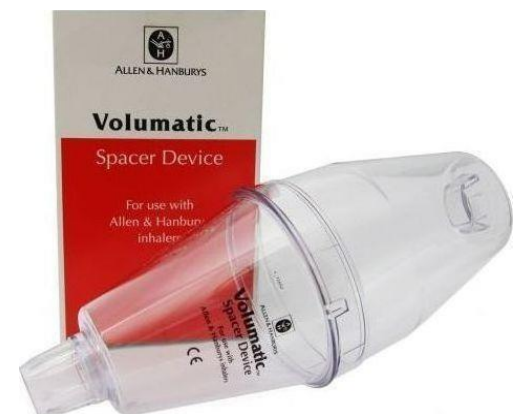


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Introducing a Range to Meet All Patients' Needs



Volumatic Spacer



Neonatal    0-5    >5    Children with learning disabilities



# Spacers

## Care Instructions

Replace 6 monthly for Volumatics

Replace 12 monthly for Aerochambers

Wash once a week



# Do they know how to wash their spacer?

- Never dry or use a cloth inside the spacer, this makes it static and the medication then sticks to the spacer



# Different inhalers for >8 years old





# Training

<https://www.rightbreathe.com/?s=>

Check that the patient has the correct steroid inhaler strength



# Questions

