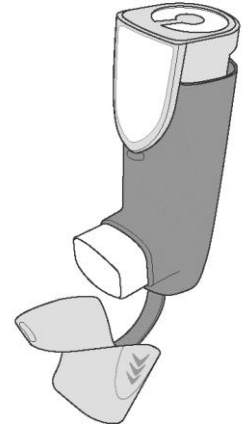




Medications available:

- **Breztri[®]** (budesonide/glycopyrronium/formoterol fumarate)



AEROSPHERE[®]

(Whenever possible use a holding chamber as you would for a MDI)

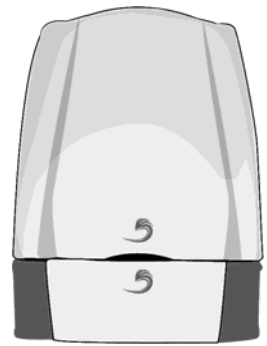
Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose counter.				
2. Remove cap.				
3. Shake inhaler.				
4. Breathe normally and slowly.				
5. Breathe out, away from mouthpiece.				
6. Open mouth and seal lips around the mouthpiece.				
7. Keep chin tilted up slightly.				
8. Breathe in and depress top of canister ONCE .				
9. Breathe in slowly and deeply .				
10. Remove inhaler from mouth and hold breath for 5-10 seconds.				
11. Breathe out, away from the mouthpiece.				
12. Repeat steps 3-10.				
13. Replace cap.				
14. Rinse mouth and wash hands.				



Medications Available:

- **Aectura®** (indacaterol/mometasone furoate)
- **Enerzair®**
(indacaterol/glycopyrronium/mometasone furoate)
- **Onbrez®** (indacaterol maleate)
- **Seebri®** (glycopyrronium bromide)
- **Ultibro®** (glycopyrronium bromide/indacaterol maleate)



BREEZHALER®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Pull cap off.				
2. Tilt mouthpiece to open inhaler.				
3. Remove capsule from blister pack.				
4. Place capsule in chamber.				
5. Close inhaler until you hear a “click”.				
6. Press both buttons ONCE & release.				
7. Breathe out, away from mouthpiece.				
8. Open mouth and seal lips around the mouthpiece.				
9. Keep chin tilted up slightly.				
10. Breathe in rapidly but steadily .				
11. Remove inhaler from mouth and hold breath for 5-10 seconds.				
12. Breathe out, away from the mouthpiece.				
13. Open to see clear capsule. If not all clear, repeat steps 6-10.				
14. Discard empty capsule.				
15. Wash hands.				
16. Rinse mouth (if using an inhaled steroid).				

Medications Available:

- Advair® (fluticasone/salmeterol)
- Flovent® (fluticasone propionate)
- Serevent® (salmeterol xinafoate)
- Ventolin® (salbutamol sulphate)



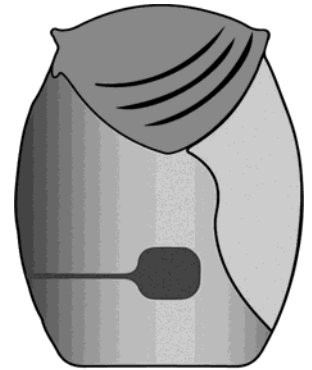
DISKUS®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check the dose counter.					
2. Push the thumb grip open.					
3. Slide the lever until a “click” is heard.					
4. Breathe out, away from mouthpiece.					
5. Open mouth and seal lips around the mouthpiece.					
6. Keep chin tilted up slightly.					
7. Breathe in steadily and deeply .					
8. Remove inhaler from mouth and hold breath for 5-10 seconds.					
9. Breathe out, away from the mouthpiece.					
10. Push thumb grip to close the inhaler.					
11. Rinse mouth (if using an inhaled steroid).					

Medications Available:

- **Anoro™** (umeclidinium bromide/vilanterol trifenate)
- **Arnuity™** (fluticasone furoate)
- **Breo™** (fluticasone furoate/vilanterol trifenate)
- **Incruse™** (umeclidinium bromide)
- **Trelegy™** (fluticasone furoate/umeclidinium bromide /vilanterol trifenate)



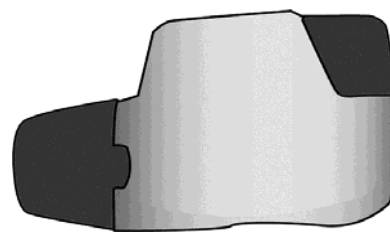
ELLIPTA®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check the dose counter.				
2. Open cover of inhaler.				
3. Breathe out, away from the mouthpiece.				
4. Open mouth and seal lips around the mouthpiece.				
5. Keep chin tilted up slightly.				
6. Breathe in a long, steady, and deep breath.				
7. Remove inhaler from mouth and hold breath for 5-10 seconds.				
8. Breathe out, away from the mouthpiece.				
9. Close the inhaler.				
10. Rinse mouth (if using an inhaled steroid).				

Medications Available:

- **Duaklir™** (formoterol fumarate dihydrate/ acclidinium bromide)
- **Tudorza™** (aclidinium bromide)



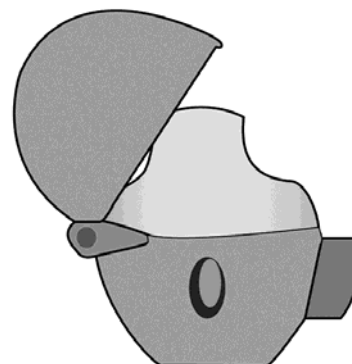
GENUAIR®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check the dose counter.				
2. Remove cap.				
3. Press green button ONCE and release.				
4. Check color control window is green.				
5. Breathe out, away from mouthpiece.				
6. Open mouth and seal lips around the mouthpiece.				
7. Keep chin tilted up slightly.				
8. Breathe in strongly and deeply (keep breathing even after “click” is heard).				
9. Remove inhaler from mouth and hold breath for 5-10 seconds.				
10. Breathe out, away from the mouthpiece.				
11. Check color control window is red (if not red, repeat steps 5 - 7).				
12. Replace cap.				
13. Wash hands.				

Medication Available:

- **Spiriva®** (tiotropium bromide monohydrate)



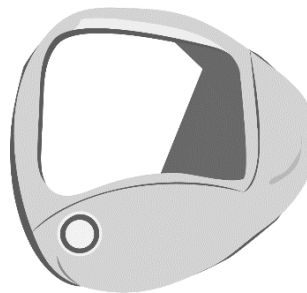
HANDIHALER®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Open dust cap.				
2. Open mouthpiece.				
3. Remove capsule from blister pack.				
4. Place capsule in centre of chamber.				
5. Close mouthpiece until you hear it click.				
6. Hold inhaler upright and press green button ONCE and release.				
7. Breathe out, away from mouthpiece.				
8. Open mouth and seal lips around the mouthpiece.				
9. Keep chin tilted up slightly.				
10. Breathe in slowly and deeply .				
11. Remove inhaler from mouth and hold breath for 5-10 seconds.				
12. Breathe out, away from the mouthpiece.				
13. Repeat steps 6-10.				
14. Open mouthpiece and empty the used capsule.				
15. Close mouthpiece and dust cap.				
16. Wash hands.				

Medication available:

- **WIXELA®** (fluticasone propionate/salmeterol)



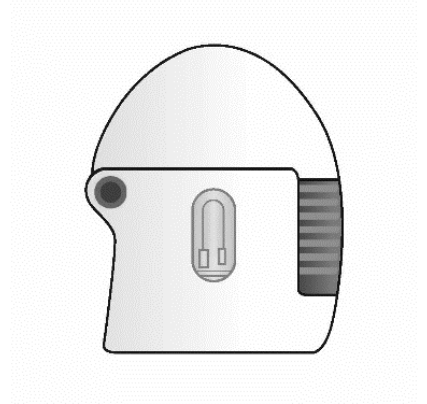
INHUB®

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check the dose counter.				
2. Open cover of inhaler.				
3. Push yellow lever down to end of the purple arrows.				
4. Breathe out, away from the mouthpiece.				
5. Open mouth and seal lips around the mouthpiece.				
6. Keep chin tilted up slightly.				
7. Breathe in quickly and deeply .				
8. Remove inhaler from mouth and hold breath for 5-10 seconds.				
9. Breathe out, away from the mouthpiece.				
10. Close the inhaler.				
11. Rinse mouth.				

Medications Available:

- ^{PR}**LUPIN-TIOTROPIUM** (tiotropium bromide monohydrate)



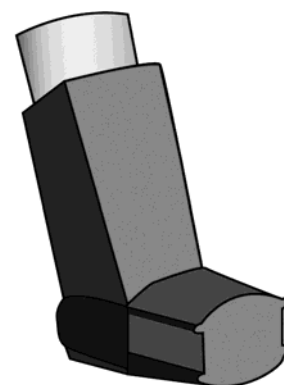
LUPINHALER

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Open lid by pressing green button.				
2. Open mouthpiece.				
3. Place capsule in centre chamber.				
4. Close mouthpiece until you hear it click.				
5. Hold inhaler upright and press the piercing button ONCE and release.				
6. Breathe out, away from mouthpiece.				
7. Open mouth and seal lips around the mouthpiece.				
8. Keep chin tilted up slightly.				
9. Breathe in slowly and deeply .				
10. Remove inhaler from mouth and hold breath for 5-10 seconds.				
11. Breathe out, away from the mouthpiece.				
12. Repeat steps 6-10.				
13. Open mouthpiece and empty the used capsule.				
14. Close mouthpiece and lid.				
15. Wash hands.				

Medications available (not inclusive):

- **Advair**[®] (fluticasone propionate/ salmeterol xinafoate)
- **Airomir**[™] (salbutamol sulphate)
- **Alvesco**[®] (ciclesonide)
- **Atrovent**[®] (ipratropium bromide)
- **Flovent**[®] (fluticasone propionate)
- **Qvar**[™] (beclomethasone dipropionate)
- **Ventolin**[®] (salbutamol sulphate)
- **Zenhale**[™] (mometasone furoate/formoterol)



METERED-DOSE INHALER (MDI)

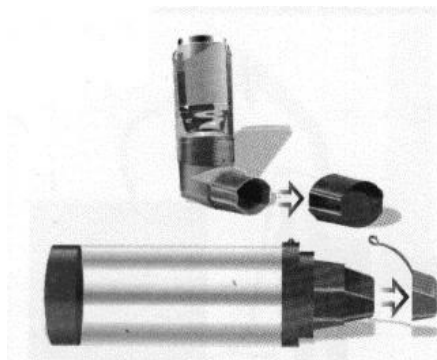
(Whenever possible, use a holding chamber with the MDI)

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose counter (if available).				
2. Remove cap.				
3. Shake inhaler.				
4. Breathe normally and slowly.				
5. Breathe out, away from mouthpiece.				
6. Open mouth and seal lips around the mouthpiece.				
7. Keep chin tilted up slightly.				
8. Breathe in and depress canister ONCE .				
9. Breathe in slowly and deeply .				
10. Remove inhaler from mouth and hold breath for 5-10 seconds.				
11. Breathe out, away from the mouthpiece.				
12. Wait for 30 seconds if second dose is required. Repeat steps 2-9.				
13. Replace cap.				
14. Rinse mouth (if using an inhaled steroid).				

Medications available in an MDI (not inclusive):

- **Advair®** (fluticasone propionate/salmeterol xinafoate)
- **Airomir™** (salbutamol sulphate)
- **Alvesco®** (ciclesonide)
- **Atrovent®** (ipratropium bromide)
- **Flovent®** (fluticasone propionate)
- **Qvar™** (beclomethasone dipropionate)
- **Ventolin®** (salbutamol sulphate)
- **Zenhale™** (mometasone furoate/formoterol)



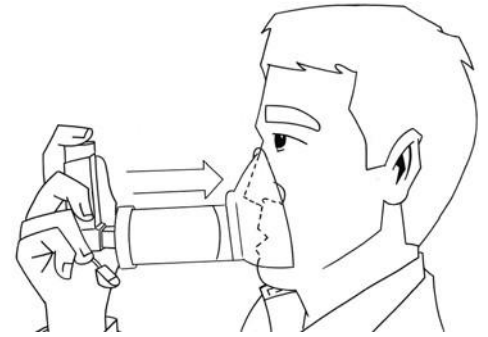
METERED-DOSE INHALER – MDI WITH SPACER

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose counter on the inhaler (if available).				
2. Remove the caps.				
3. Shake the inhaler.				
4. Assemble the inhaler mouthpiece in the spacer.				
5. Breathe out, away from mouthpiece.				
6. Open mouth and seal lips around the mouthpiece.				
7. Keep chin tilted up slightly.				
8. Depress inhaler into spacer ONCE.				
9. Breathe in slowly and deeply .				
10. Remove inhaler from mouth and hold breath for 5-10 seconds.				
11. Breathe out, away from the mouthpiece.				
12. Wait 30 seconds if second dose is required; repeat steps 3-10.				
13. Replace caps.				
14. Rinse mouth (if using an inhaled steroid).				

Medications available in an MDI (not inclusive):

- **Advair**[®] (fluticasone propionate/salmeterol xinafoate)
- **Airomir**[™] (salbutamol sulphate)
- **Alvesco**[®] (ciclesonide)
- **Atrovent**[®] (ipratropium bromide)
- **Flovent**[®] (fluticasone propionate)
- **Qvar**[™] (beclomethasone dipropionate)
- **Ventolin**[®] (salbutamol sulphate)
- **Zenhale**[™] (mometasone furoate/formoterol)



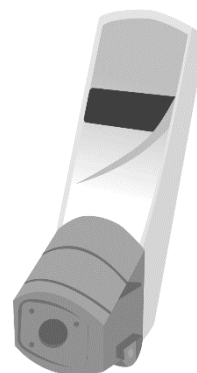
METERED-DOSE INHALER – MDI WITH SPACER AND MASK

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose counter on the inhaler (if available).				
2. Remove the inhaler cap.				
3. Shake the inhaler.				
4. Assemble the inhaler mouthpiece in the spacer.				
5. Apply the mask to the face.				
6. Breathe out, away from mouthpiece				
7. Keep chin tilted up slightly.				
8. Depress inhaler ONCE.				
9. Breathe in slowly and deeply .				
10. Remove inhaler from mouth and hold breath for 5-10 seconds.				
11. Breathe out, away from the mouthpiece.				
12. Wait 30 seconds if second dose is required; repeat steps 3-10.				
13. Replace inhaler cap.				
14. Rinse mouth (if using an inhaled steroid).				
15. Wash face (if using an inhaled steroid).				

Medication available:

- **Aermony™** (fluticasone propionate)



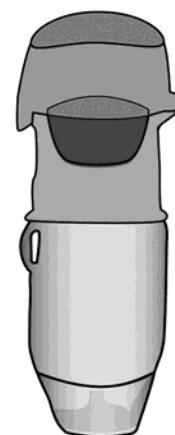
RESPICLICK™

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

Goal: Mastery of skills	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose indicator.				
2. Hold the inhaler upright.				
3. Pull the green cap back until you hear a “click”. This means the dose is loaded and ready.				
4. Breathe out, away from the mouthpiece.				
5. Open mouth and seal lips around the mouthpiece.				
6. Keep chin tilted up slightly.				
7. Breathe in quickly and deeply . Do not block the vent above the mouthpiece.				
8. Remove the inhaler from your mouth.				
9. Remove inhaler from mouth and hold breath for 5-10 seconds.				
10. Breathe out, away from the mouthpiece.				
11. Close the green cap.				
12. Rinse mouth.				

Medications available:

- **Combivent[®]** (salbutamol sulphate/ipratropium bromide)
- **Inspiro[™]** (tiotropium bromide monohydrate/
olodaterol hydrochloride)
- **Spiriva[®]** (tiotropium bromide monohydrate)



RESPIMAT[®]

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

Goal: Mastery of skills	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose indicator.				
2. Hold the inhaler upright with cap closed.				
3. Turn the base a half turn in the direction of black arrows until it “clicks”.				
4. Open the cap fully.				
5. Breathe out, away from the mouthpiece.				
6. Open mouth and seal lips around the mouthpiece.				
7. Keep chin tilted up slightly.				
8. Start breathing in and press the dose release button ONCE.				
9. Continue to breathe in slowly and deeply for as long as you can.				
10. Remove inhaler from mouth and hold breath for 5-10 seconds.				
11. Breathe out, away from the mouthpiece.				
12. Close the cap.				

Can use acronym **TOP** to teach skill: **T**urn **O**pen and **P**ress

Medications available:

- **Bricanyl**[®] (terbutaline sulphate)
- **Oxeze**[®] (formoterol fumarate)
- **Pulmicort**[®] (budesonide)
- **Symbicort**[®] (budesonide/formoterol fumarate)



TURBUHALER[®]

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

Goal: Mastery of skills	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose counter.				
2. Hold inhaler upright.				
3. Twist and remove cap.				
4. Turn the base in one direction and then back again.				
5. Breathe out, away from the mouthpiece.				
6. Open mouth and seal lips around the mouthpiece.				
7. Keep chin tilted up slightly.				
8. Breathe in quickly and deeply .				
9. Remove inhaler from mouth and hold breath for 5-10 seconds.				
10. Breathe out, away from the mouthpiece.				
11. Repeat steps 3-10 if second dose is required.				
12. Twist to close cap.				
13. Rinse mouth (if using an inhaled steroid).				

Medications available:

- **Asmanex[®]** (mometasone furoate)



TWISTHALER[®]

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

Goal: Mastery of skills	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Check dose counter.				
2. Hold inhaler upright.				
3. Twist and remove cap.				
4. Breathe out, away from the mouthpiece.				
5. Open mouth and seal lips around the mouthpiece.				
6. Keep chin tilted up slightly.				
7. Breathe in fast and deep .				
8. Remove inhaler from mouth and hold breath for 5-10 seconds.				
9. Breathe out, away from the mouthpiece.				
10. Twist to close cap.				
11. Rinse mouth.				

Medications available (not inclusive):

- **Atrovent**[®] (ipratropium bromide)
- **Combivent**[®] (salbutamol sulphate/ipratropium bromide)
- **Pulmicort**[®] (budesonide)
- **Ventolin**[®] (salbutamol sulphate)

NEBULIZER

Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

GOAL: Mastery of skill	Date & Initial	Date & Initial	Date & Initial	Date & Initial
1. Attach tubing to air outlet.				
2. Unscrew the top of the medicine cup.				
3. Fill the cup with the medication dose.				
4. Screw on the top.				
5. Turn on the compressor.				
6. Place either mask on face or mouthpiece in mouth.				
7. Attach nebulizer tubing to compressor.				
8. Turn the compressor on.				
9. Keep chin tilted up slightly.				
10. Breathe in and out slowly through mouth.				
11. Complete treatment.				
12. Turn the compressor off.				
13. Rinse mouth (if using an inhaled steroid).				
14. Wash face (if using a mask with an inhaled steroid).				