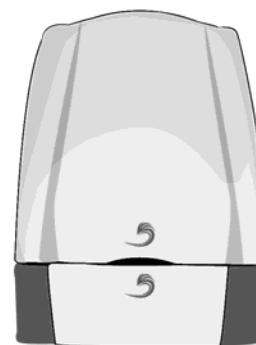


**Medications Available:**

- **Onbrez<sup>®</sup>** (indacaterol maleate)
- **Seebri<sup>®</sup>** (glycopyrronium bromide)
- **Ultibro<sup>®</sup>** (glycopyrronium bromide/indacaterol maleate)



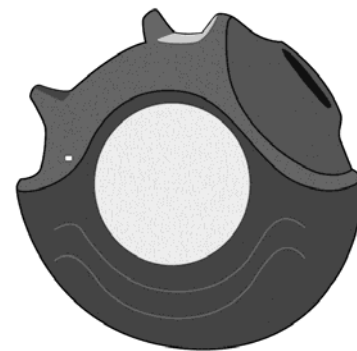
**BREEZHALER<sup>®</sup>**

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.

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

## Medications Available:

- **Advair**<sup>®</sup> (fluticasone/salmeterol)
- **Flovent**<sup>®</sup> (fluticasone propionate)
- **Serevent**<sup>®</sup> (salmeterol xinafoate)
- **Ventolin**<sup>®</sup> (salbutamol sulphate)



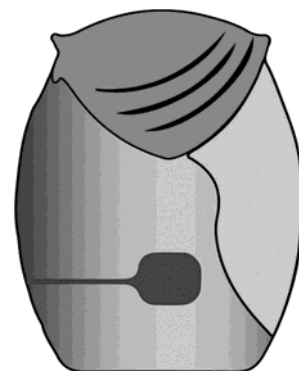
## DISKUS<sup>®</sup>

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.

<b>GOAL: Mastery of skill</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>
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. Place mouthpiece between lips.					
6. Breathe in <b>quickly</b> and <b>deeply</b> .					
7. Remove Diskus from mouth and hold breath for 5 - 10 seconds.					
8. Breathe out.					
9. Push thumb grip to close the Diskus.					

**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)



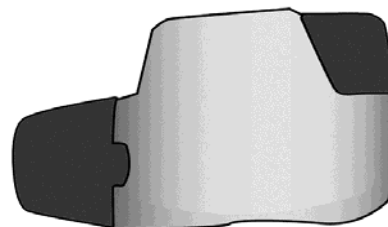
**ELLIPTA®**

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.

<b>GOAL: Mastery of skill</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>
1. Check the dose counter.					
2. Open cover of inhaler.					
3. Breathe out away from the mouthpiece.					
4. Place mouthpiece between lips.					
5. Breathe in a <b>long, steady</b> and <b>deep</b> breath.					
6. Remove Ellipta from mouth and hold breath for 5-10 seconds.					
7. Breathe out.					
8. Close the inhaler.					
9. Rinse mouth (if using an inhaled steroid).					

**Medications Available:**

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



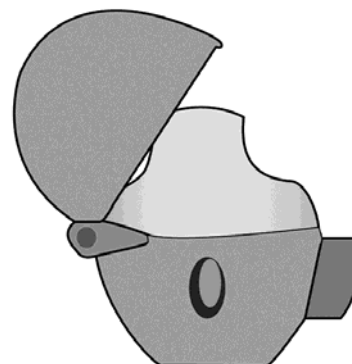
**GENUAIR®**

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.

<b>GOAL: Mastery of skill</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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. Place mouthpiece between lips.				
7. Breathe in <b>strongly</b> and <b>deeply</b> (keep breathing even after “click” is heard).				
8. Remove Genuair from mouth and hold breath for 5 - 10 seconds.				
9. Breathe out.				
10. Check color control window is red (if not red, repeat steps 5-7).				
11. Replace cap.				

## Medication Available:

- Spiriva® (tiotropium bromide)



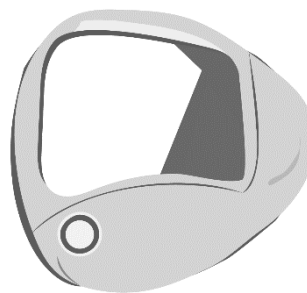
## HANDIHALER®

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.

<b>GOAL: Mastery of skill</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
1. Open dust cap.				
2. Open mouthpiece.				
3. Place capsule in centre of chamber.				
4. Close mouthpiece until you hear it click.				
5. Hold Handihaler upright and press green button ONCE and release.				
6. Breathe out away from mouthpiece.				
7. Close lips around mouthpiece.				
8. Breathe in <b>slowly</b> and <b>deeply</b> .				
9. Remove Handihaler from mouth and hold breath for 5 – 10 seconds or as long as possible.				
10. Breathe out.				
11. Repeat: steps 6-10.				
12. Open mouthpiece and empty the used capsule.				
13. Close mouthpiece and dust cap.				
14. Wash hands.				

**Medication available:**

- **Wixela<sup>®</sup>** (fluticasone propionate/salmeterol)



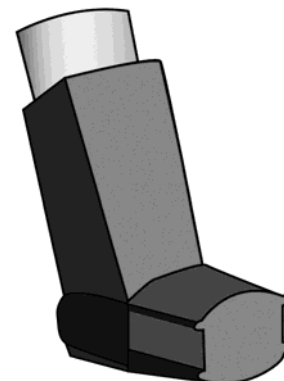
**INHUB<sup>®</sup>**

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.

<b>GOAL: Mastery of skill</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>	<b>Date &amp; Initial</b>
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. Place mouthpiece between lips.					
6. Breathe in <b>quickly</b> and <b>deeply</b> .					
7. Remove InhUB from mouth and hold breath for 5-10 seconds or as long as you can.					
8. Breathe out fully.					
9. Close the inhaler.					
10. Rinse mouth.					

## Medications available (not inclusive):

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



## METERED-DOSE INHALER (MDI)

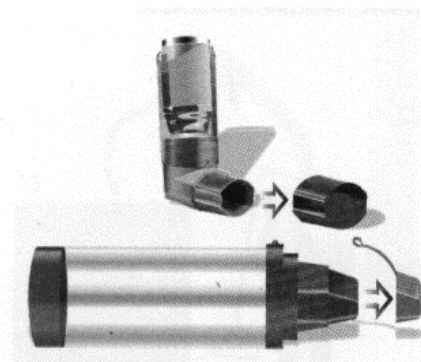
(Whenever possible use a holding chamber with the MDI)

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.

<b>GOAL: Mastery of skill</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
1. Check dose counter (if available).				
2. Remove cap.				
3. Shake inhaler.				
4. Breathe normally and slowly.				
5. Breathe out.				
6. Place mouthpiece between lips.				
7. Breathe in and depress canister ONCE.				
8. Breathe in <b>slowly</b> and <b>deeply</b> breath.				
9. Hold breath for 5-10 seconds or as long as possible.				
10. Breathe out slowly.				
11. Wait for 30 seconds if second dose is required. Repeat steps 2-9.				
12. Replace cap.				
13. Rinse mouth (if using an inhaled steroid).				

## Medications available in an MDI (not inclusive):

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



## METERED-DOSE INHALER – MDI WITH SPACER

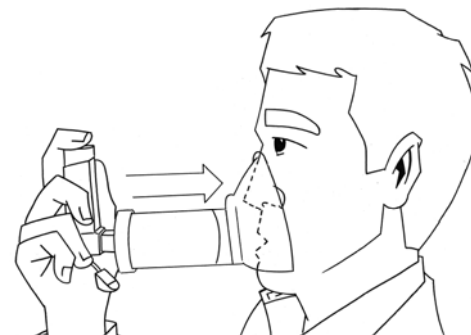
Please date and initial after you have directly observed the patient demonstrate the skill and if the patient has mastered each step. Instructions with diagrams are included on the back of this sheet.

<b>GOAL: Mastery of skill</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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. Seal lips around the spacer device mouthpiece.				
6. Breathe out.				
7. Depress inhaler into spacer <b>ONCE</b> .				
8. Breathe in <b>slowly</b> and <b>deeply</b> .				
9. Hold breath for 5-10 seconds or as long as possible.				
10. Breathe out.				
11. Wait 30 seconds if second dose is required; repeat steps 3-10.				
12. Replace caps.				
13. Rinse mouth (if using an inhaled steroid).				



## Medications available in an MDI (not inclusive):

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



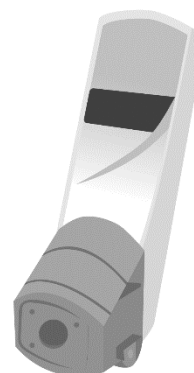
## METERED-DOSE INHALER – MDI WITH SPACER AND MASK

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.

<b>GOAL: Mastery of skill</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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.				
7. Depress inhaler ONCE.				
8. Breathe in <b>slowly</b> and <b>deeply</b> .				
9. Hold breath for 5-10 seconds or as long as possible; or if not possible breathe in and out ~5 times.				
10. Breathe out				
11. Wait 30 seconds if second dose is required; repeat steps 3-10.				
12. Replace inhaler cap.				
13. Rinse mouth (if using an inhaled steroid).				
14. Wash face (if using an inhaled steroid).				

**Medication available:**

- **Aermony™** (fluticasone propionate)



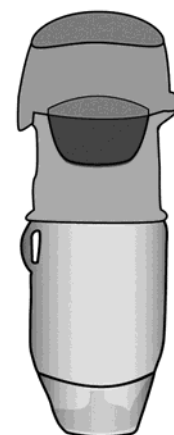
**RESPIClick™**

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.

<b>Goal: Mastery of skills</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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.				
6. Close lips around the mouthpiece.				
7. Breathe in <b>quickly</b> and <b>deeply</b> . Do not block the vent above the mouthpiece.				
8. Remove the inhaler from your mouth.				
9. Hold breath for 10 seconds or as long as you feel comfortable.				
10. Breathe out slowly.				
11. Close the green cap.				
12. Rinse mouth.				

**Medications available:**

- **Combivent<sup>®</sup>** (salbutamol sulphate/ipratropium bromide)
- **Inspiro<sup>™</sup>** (tiotropium bromide monohydrate/olodaterol hydrochloride)
- **Spiriva<sup>®</sup>** (tiotropium bromide monohydrate)



**RESPIMAT<sup>®</sup>**

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.

<b>Goal: Mastery of skills</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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 until it snaps.				
5. Breathe out slowly and fully.				
6. Close lips around the mouthpiece.				
7. Start breathing in and press the dose release button ONCE.				
8. Breathe in <b>slowly</b> for as long as you can.				
9. Hold breath for 5-10 seconds or as long as possible.				
10. Breathe out.				
11. Close the cap.				

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

## Medications available:

- **Bricanyl**<sup>®</sup> (terbutaline sulphate)
- **Oxeze**<sup>®</sup> (formoterol fumarate)
- **Pulmicort**<sup>®</sup> (budesonide)
- **Symbicort**<sup>®</sup> (budesonide/formoterol fumarate)



## TURBUHALER<sup>®</sup>

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.

<b>Goal: Mastery of skills</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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. Place mouthpiece between lips.				
7. Breathe in <b>quickly</b> and <b>deeply</b> .				
8. Remove Turbuhaler from mouth and hold breath for 5 - 10 seconds or as long as possible.				
9. Breathe out.				
10. Repeat steps 3-10 if second dose is required.				
11. Twist to close cap.				
12. Rinse mouth (if using an inhaled steroid).				

**Medications available:**

- **Asmanex<sup>®</sup>** (mometasone furoate)



**TWISTHALER<sup>®</sup>**

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.

<b>Goal: Mastery of skills</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
1. Check dose counter.				
2. Hold inhaler upright.				
3. Twist and remove cap.				
4. Breathe out.				
5. Place mouthpiece between lips.				
6. Breathe in <b>fast</b> and <b>deep</b> .				
7. Remove Twisthaler from mouth and hold breath for 5 – 10 seconds.				
8. Breathe out.				
9. Twist to close cap.				
10. Rinse mouth (if using an inhaled steroid).				

## Medications available (not inclusive):

- **Atrovent**<sup>®</sup> (ipratropium bromide)
- **Combivent**<sup>®</sup> (salbutamol sulphate/ipratropium bromide)
- **Pulmicort**<sup>®</sup> (budesonide)
- **Ventolin**<sup>®</sup> (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.

<b>GOAL: Mastery of skill</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>	<b>Date and Initial</b>
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 <i>or</i> mouthpiece in mouth.				
7. Attach nebulizer tubing to compressor.				
8. Turn the compressor on.				
9. <b>Breathe in and out slowly</b> through mouth.				
10. Complete treatment.				
11. Turn the compressor off.				
12. Rinse mouth (if using an inhaled steroid).				
13. Wash face (if using a mask with a steroid inhaler).				