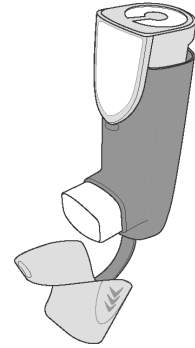


Medications available:

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


AEROSPHERE[®]

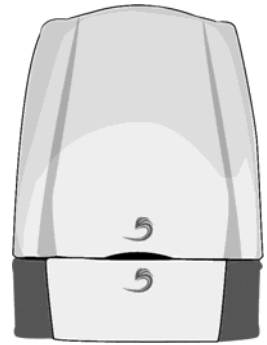
(Whenever possible use a holding chamber as you would for a MDI)

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 and Initial	Date and Initial	Date and Initial	Date and Initial
1. Check dose counter.				
2. Remove cap.				
3. Shake inhaler.				
4. Breathe normally and slowly.				
5. Breathe out.				
6. Place mouthpiece between lips.				
7. Keep chin tilted up slightly.				
8. Breathe in and depress canister ONCE.				
9. Breathe in slowly and deeply .				
10. Hold breath for 5-10 seconds.				
11. Breathe out slowly.				
12. Repeat steps 3-10.				
13. Replace cap.				
14. Rinse mouth and wash hands.				

Medications Available:

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



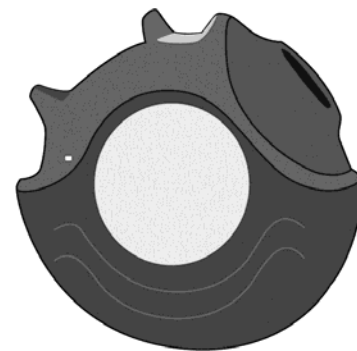
BREEZHALER®

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 and Initial	Date and Initial	Date and Initial	Date and 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. Place mouthpiece between lips.				
9. Keep chin tilted up slightly.				
10. Breathe in rapidly but steadily .				
11. Remove Breezhaler from mouth and hold breath for 5-10 seconds.				
12. Breathe out.				
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)



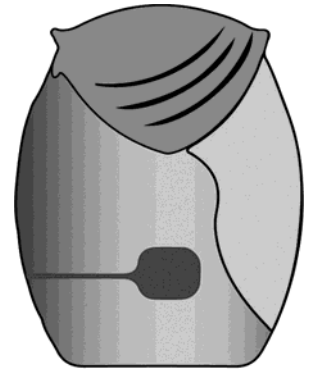
DISKUS[®]

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. Place mouthpiece between lips.					
6. Keep chin tilted up slightly.					
7. Breathe in steadily and deeply .					
8. Remove Diskus from mouth and hold breath for					
9. 5 - 10 seconds.					
10. Breathe out.					
11. 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)



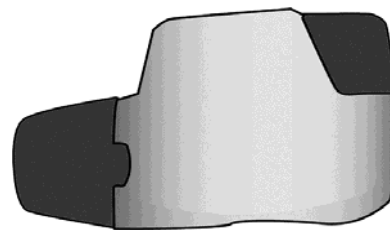
ELLIPTA®

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.

GOAL: Mastery of skill	Date & Initial	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. Place mouthpiece between lips.					
5. Keep chin tilted up slightly.					
6. Breathe in a long, steady, and deep breath.					
7. Remove Ellipta from mouth and hold breath for 5 - 10 seconds.					
8. Breathe out.					
9. Close the inhaler.					
10. Rinse mouth (if using an inhaled steroid).					

Medications Available:

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



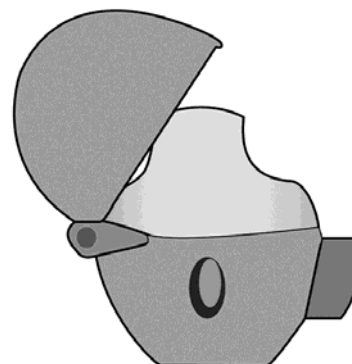
GENUAIR®

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.

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

Medication Available:

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



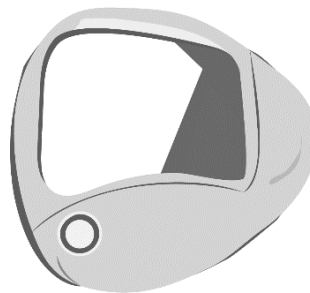
HANDIHALER[®]

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 and Initial	Date and Initial	Date and Initial	Date and 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 Handihaler upright and press green button ONCE and release.				
7. Breathe out, away from mouthpiece.				
8. Close lips around mouthpiece.				
9. Keep chin tilted up slightly.				
10. Breathe in slowly and deeply .				
11. Remove Handihaler from mouth and hold breath for 5 – 10 seconds.				
12. Breathe out.				
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)



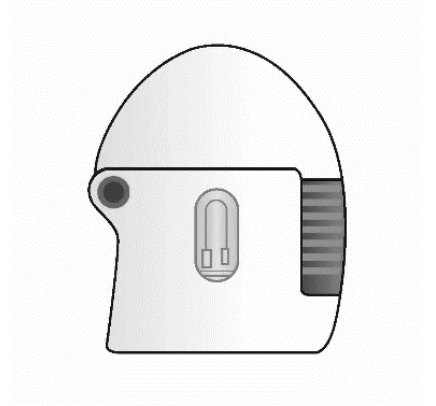
INHUB®

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	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. Place mouthpiece between lips.					
6. Keep chin tilted up slightly.					
7. Breathe in quickly and deeply .					
8. Remove Inhub from mouth and hold breath for 5-10 seconds.					
9. Breathe out fully.					
10. Close the inhaler.					
11. Rinse mouth.					

Medications Available:

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



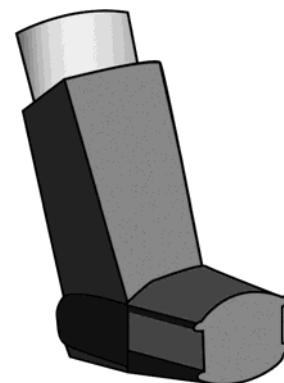
LUPINHALER

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 and Initial	Date and Initial	Date and Initial	Date and 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 LupinHaler upright and press the piercing button ONCE and release.				
6. Breathe out, away from mouthpiece.				
7. Close lips around mouthpiece,				
8. Keep chin tilted up slightly.				
9. Breathe in slowly and deeply .				
10. Remove LupinHaler from mouth and hold breath for 5 – 10 seconds or as long as possible.				
11. Breathe out.				
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)

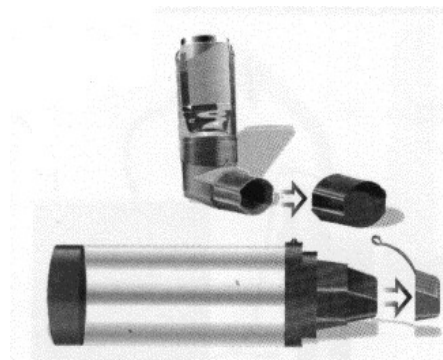
(Whenever possible use a holding chamber with the MDI)

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 and Initial	Date and Initial	Date and Initial	Date and Initial
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. Keep chin tilted up slightly.				
8. Breathe in and depress canister ONCE.				
9. Breathe in slowly and deeply .				
10. Hold breath for 5-10 seconds.				
11. Breathe out slowly.				
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)



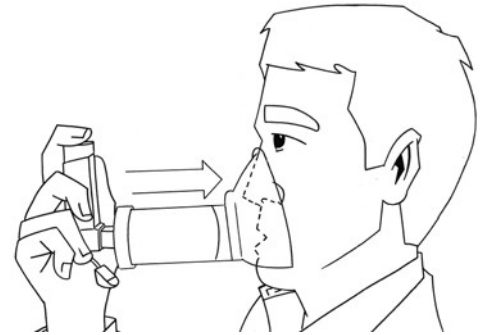
METERED-DOSE INHALER – MDI WITH SPACER

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 and Initial	Date and Initial	Date and Initial	Date and 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. Seal lips around the spacer device mouthpiece.				
6. Breathe out.				
7. Keep chin tilted up slightly.				
8. Depress inhaler into spacer ONCE.				
9. Breathe in slowly and deeply .				
10. Hold breath for 5-10 seconds or as long as possible.				
11. Breathe out.				
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)



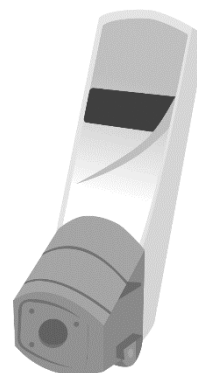
METERED-DOSE INHALER – MDI WITH SPACER AND MASK

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 and Initial	Date and Initial	Date and Initial	Date and 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. Keep chin tilted up slightly.				
7. Breathe out.				
8. Depress inhaler ONCE.				
9. Breathe in slowly and deeply .				
10. Hold breath for 5-10 seconds, or if not possible, breathe in and out ~5 times.				
11. Breathe out				
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)



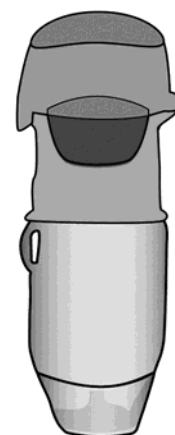
RESPICLICK™

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 and Initial	Date and Initial	Date and Initial	Date and 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. Close 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. 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®** (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 and Initial	Date and Initial	Date and Initial	Date and 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 until it snaps.				
5. Breathe out, slowly and fully.				
6. Close 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. Hold breath for 10 seconds or as long as you can.				
11. Breathe out.				
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 and Initial	Date and Initial	Date and Initial	Date and 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. Place mouthpiece between lips.				
7. Keep chin tilted up slightly.				
8. Breathe in quickly and deeply .				
9. Remove Turbuhaler from mouth and hold breath for 5 - 10 seconds or as long as possible.				
10. Breathe out.				
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 and Initial	Date and Initial	Date and Initial	Date and Initial
1. Check dose counter.				
2. Hold inhaler upright.				
3. Twist and remove cap.				
4. Breathe out, away from the mouthpiece.				
5. Place mouthpiece between lips.				
6. Keep chin tilted up slightly.				
7. Breathe in fast and deep .				
8. Remove Twisthaler from mouth and hold breath for 5 – 10 seconds.				
9. Breathe out.				
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 and Initial	Date and Initial	Date and Initial	Date and 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).				