



Handout 5.14

INHALED MEDICATION ADMINISTRATION: ORAL METERED DOSE INHALER

Administering an oral metered dose inhaler to a child:

Complete PREPARATION PHASE

Complete ADMINISTRATION PHASE

Prepare:

1. Remove the inhaler from the box and compare it against the container.
2. If indicated, shake the medication.
3. (Optional*) Put on gloves.
4. If the child is able, have him/her stand.
5. Remove the cap from the inhaler.
6. Hold the inhaler between your index finger and thumb.



Compare the child's medication consent form against the medication label for the **Five Rights** before administering the medication to the child.

- medication time dose route child's name

**Second
Check**

Administer:

1. Have the child stand and ask the child to breathe out.
2. Have the child put the inhaler mouthpiece into her mouth and close her lips loosely around it. (*To be consistent, use the same technique that the child's parents use at home*)
3. With the child's head tilted slightly back, ask her to take a slow deep breath.
4. As she does this, press down on the inhaler canister to release the spray.
5. Have her hold her breath for a few seconds then exhale with lips pursed.
6. If additional puffs are needed, wait the recommended time before giving the second puff.
7. Wipe off the inhaler mouthpiece with a clean tissue and replace the cap.
8. Remove gloves and discard using the appropriate technique.
9. Have the child rinse her mouth with water and then spit it out. Do not have the child swallow the water.



Complete DOCUMENTATION PHASE

Medication related equipment must be kept clean and in working order. This will prevent the spread of germs, prevent giving a wrong dose due to residual medication "build-up" and avoid giving an incorrect dose due to an equipment malfunction. Medication related equipment should be cleaned after the administration of the medication has been documented and the medication has been returned to the safe storage area.



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To clean a metered dose inhaler after each use:

1. Remove the medication canister from the mouthpiece.
2. Take off the inhaler cap.
3. Rinse both the mouthpiece and the cap under warm running water for a minute.
Never put the canister of medication in the water.
4. Shake off the excess water.
5. Allow the parts to air dry on a clean towel or wipe with a lint free towel then reassemble.

* Glove use is recommended to protect both you and the child.

You should use gloves when administering medication if:

- the skin on your hands is cut, scabbed or broken
- it would be harmful for the medication to come in contact with your skin
- you feel more comfortable wearing gloves to administer the medication