

To administer using a spacer device:

A spacer device traps medication released from MDI; client then inhales the drug from the device. These devices improve delivery of correct dose of inhaled medications.

1. Remove the mouthpiece cover from the metered dose inhaler and mouthpiece of spacer device.
2. Insert MDI into the end of the spacer device.
3. Shake inhaler well for 2-5 seconds.
4. Place spacer device mouthpiece in mouth and close lips. Do not insert beyond the raised lip on the mouthpiece.
5. Breath normally through spacer device mouthpiece.
6. Depress medication canister, spraying one puff into the spacer device.
7. Breath in slowly and deeply for 5 seconds.
8. Hold full breath for 5-10 seconds. Instruct client to wait 2-5 minutes between inhalations or as ordered by physician.
9. Instruct client in removing medication canister and cleaning inhaler in warm water. After administration assess client respirations and lung sounds.

DOCUMENTATION GUIDELINES

1. Document in the clinical record:
 - a. Actual time and dose of drug administered.
 - b. Client response to medication.
 - c. Teaching done and client ability to perform task plan for further teaching and demonstration.

PEDIATRIC CONSIDERATIONS

- Because of the coordination required a spacer device is recommended for children.
- Children should be monitored for adverse effects such as tremors, restlessness, dizziness, gastrointestinal upset and tachycardia, These side effects are associated with bronchodilators.
- Educate child and parent about the need to use inhaler during school hours. Many schools do not permit self-administration of MDI. A physician order may be needed for school administration.

RELATED PROCEDURES

None.

