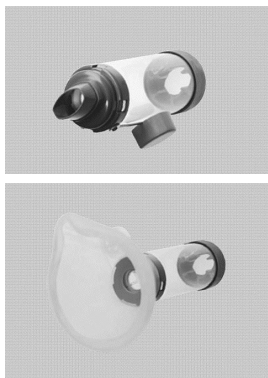


Good Practice Guidance for Care Homes

How to use an AeroChamber Device



An AeroChamber (“spacer”) is a plastic container, with a mouthpiece at one end and a hole for the aerosol inhaler at the other. Spacers only work with an aerosol inhaler.

Why are spacers important?

- ✓ more medicines get into the lungs with a spacer than just using the inhaler
- ✓ spacers make the inhaler easier to use and more effective
- ✓ reduce the risk of side effects by reducing the amount of medicine that is swallowed and absorbed into the body
- ✓ work at least as well as nebulisers at treating most asthma attacks

Directions for use

1. Remove the cap from the inhaler and from the AeroChamber
2. Carefully examine the Aerochamber for damage or foreign objects. Replace Aerochamber if broken.
3. Check there is medication left inside the inhaler by shaking it, or check the dose counter if there is one
4. Shake the inhaler well to mix the ingredients
5. Insert the inhaler into the flat end of the AeroChamber
6. Ask the resident to breathe out gently. Resident should hold head up and sit upright.
7. Put mouthpiece of AeroChamber in mouth or put mask over mouth and nose. Make sure there is good seal of the lips around the mouthpiece or good seal of mask around the face
8. Press down the inhaler canister at beginning of one slow deep breath in. Hold breath as long as possible, up to 10 seconds. Remove mouth from the mouthpiece and breathe out.
<u>OR if the resident has difficulty with this</u>
Keep aerochamber in place and breathe slowly and gently in and out 2-3 times after depressing inhaler to release the dose. Remove Aerochamber and breathe normally.
<i>Observe, talk through and encourage the resident throughout the process. If you hear a whistling sound the resident is breathing in too quickly.</i>
9. If second dose needed wait for 1 minute then repeat.
10. Rinse the mouth or take a drink after use (Important with some preventer inhalers to avoid oral thrush).
11. Replace caps

Cleaning and care:

- Clean the Aerochamber no more than **once** a month.
- Remove the back piece (where the inhaler is inserted) before soaking, then soak for 15 minutes in luke warm water with washing up liquid and agitate gently.
- Shake out excess water from device (**do not rinse, do not rub dry**).
- Air dry AeroChamber in an upright position so that the water drains away, then replace the back piece when dry.
- Spacers should be replaced at least every year