

PAEDIATRIC NURSING PRACTICE MANUAL  
SECTION 7

CARE OF THE CHILD WITH A RESPIRATORY CONDITION

7.1 DELIVERY OF INHALED MEDICATIONS

7.1.4 USE OF ACCUHALER FOR ADMINISTRATION OF INHALED MEDICATION

**Aim**

To administer prescribed medication via an accuhaler device

**Key Points**

1. Accuhalers are a type of device which contains asthma medication as a dry powder.
2. Most children at 8 years of age and older can use an accuhaler.<sup>1,2</sup>
3. The dose counter on the accuhaler counts backwards from 60. The last 5 doses are in red, to remind the user that it is almost empty.

PROCEDURE	ADDITIONAL INFORMATION
Familiarise the patient with the equipment.	
Ask the patient to sit upright during the procedure.	Allows for full chest expansion.
Instruct the patient to: a) Hold the accuhaler in one hand and place the thumb of the other hand in the thumb grip.	
b) Open the accuhaler by pushing the thumb grip around until it clicks into place. The accuhaler is now loaded.	Only one dose of the medication can be loaded at a time.
Ask the patient to breathe out gently, away from the device.  Instruct them to place their mouth over the mouthpiece, inhaling deeply and steadily through the mouth.	Do not allow patient to breathe back into the accuhaler.
Remove the accuhaler from the mouth.  Instruct child to hold their breath for 10 seconds.	

All protocols should be read in conjunction with the disclaimer in the preface of this manual

Use of Accuhaler for Administration of Inhaled Medication

PROCEDURE	ADDITIONAL INFORMATION
If additional doses are required, repeat the procedure.	
After using the accuhaler, rinse the mouth.	Prevents side effects such as oral thrush, a hoarse voice or a sore throat. <sup>3</sup>
When finished, close the accuhaler by sliding the cover back around until it clicks into place.  Store it in a dry place.	If the accuhaler requires cleaning, wipe a clean dry tissue over the mouthpiece. <sup>2</sup>

### References:

1. Asthma Foundation of Western Australia, Accuhalers. In. Perth: Asthma Foundation of WA; 2005.
2. Asthma Foundation of Queensland, How do I use my accuhaler? In. Brisbane: Asthma Foundation of Queensland; 2009.
3. National Asthma Council Australia. Asthma Management Handbook. [Literature Review inc Levels I and II] 2006. Available from: <http://www.nationalasthma.org.au/cms/index.php> Accessed: 11 January 2010