

PAEDIATRIC NURSING PRACTICE MANUAL
SECTION 7

CARE OF THE CHILD WITH A RESPIRATORY CONDITION

7.1 DELIVERY OF INHALED MEDICATIONS

7.1.3 USE OF TURBUHALER FOR ADMINISTRATION OF INHALED MEDICATION

Aim

To administer prescribed medication via a turbuhaler.

Key Points

- Children must be able to inhale deeply and quickly to use the turbuhaler effectively.^{1, 2} Most children will be able to use it by 8 years of age.^{1, 2} Some children between the ages of 5 – 7 years may also be able to use a turbuhaler effectively.^{1, 2}
- During an acute attack, children may not be able to inhale fast enough to get the drug into their lungs.^{2, 3, 4} Another device, eg. metered dose inhaler and spacer or nebuliser may be more effective during acute asthma.^{2, 3, 4}
- The turbuhaler has a dose indicator.¹ When a red dot appears at the top of the indicator, 20 doses remain.⁵ When one red dot appears at the bottom of the dose indicator, the turbuhaler is empty.⁵ Symbicort® turbuhalers dose counter shows the last 20 in red to remind the user it is almost empty.
 - Pulmicort® and Bricanyl® turbuhalers = 200 doses⁵
 - Symbicort® = 120 doses⁵
 - Oxis turbuhaler = 60 doses⁵

PROCEDURE	ADDITIONAL INFORMATION
Familiarise the child with the equipment.	
Ask the child to sit up.	Allows for a full chest expansion.
Loading the turbuhaler <ol style="list-style-type: none"> Unscrew the cover. Hold the turbuhaler vertically to load. Hold on to the coloured base to prevent occlusion of air inlets. Turn the turbuhaler once clockwise as far as it will go then once anticlockwise until an audible click is heard. 	A competent child can be taught to load his/her own turbuhaler. To load properly the turbuhaler must be held vertically. ⁵ The turbuhaler will not load more than one dose at a time. ⁵
Ask the child to gently breathe out through their mouth away from the turbuhaler.	Empties the lungs and will enhance the amount of medication delivered. ^{1, 6, 7}

PROCEDURE	ADDITIONAL INFORMATION
Ensure the patient does not breathe into the device or wet the mouthpiece with tongue or lips.	The turbuhaler will not be able to deliver the powdered medication if it becomes damp. ⁵
Instruct child to place the mouthpiece between their lips and take a deep and fast breath in.	For optimal lung deposition, inhalation must be deep and fast from the onset of inspiration. ^{2, 3, 4, 5}
Remove the turbuhaler from the lips.	
If further doses are required, repeat the procedure.	
If using Pulmicort® or Symbicort® rinse the mouth after use.	To reduce the potential risk of inhaled corticosteroid side effects, ie. oropharyngeal thrush and dysphonia. ^{1, 3}
Wipe the mouthpiece with a dry tissue and replace the cap.	The turbuhaler will not be able to deliver the powdered medication if it becomes damp. ⁵

References:

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