

# Inhaler Use Crib Sheet

This crib sheet is designed to assist healthcare professionals in checking patient inhaler use and ensuring that patients are using their inhaler devices effectively. It highlights key points to cover during an inhaler use consultation and provides important advice to patients.

## KEY POINTS TO HIGHLIGHT DURING INHALER USE CONSULTATION

- Does the patient need a chaperone?
- Does the patient need additional support? e.g. an induction loop for someone with hearing loss or larger font labels and patient information leaflet (PIL) for those with poor eyesight
- Do you have devices such as the in-check dial to use during the consultation
- Do you have relevant signposting material available

## Top tips for inhaler use

Top tip	Description
Check the inhaler is in date	If the inhaler has not been required to be used in a while, they may have expired
Prime the inhaler	Refer to individual device PIL's and show the patient where to get the information
Check how they use their device	Explain each step in using the inhaler correctly -Refer to training and PIL's of each product. You can also signpost to videos on <a href="https://www.asthmaandlung.org">Asthmaandlung.org</a>
Check force of inhalation	You can use an in-check dial device to check this
Use a spacer if needed (MDI)	Do they know how to use the spacer properly? As well as cleaning it and when it needs to be replaced?
Rinse mouth	After using an inhaled corticosteroid, rinse your mouth and throat to prevent side effects like oral thrush
Overuse of reliever inhaler	Advise patient on optimal usage and refer to Asthma Control Test (ACT)
Worsening asthma symptoms	Remind the patient to use their action plan and seek medical advice if symptoms worsen or do not improve

## OTHER FACTORS TO CONSIDER

- Have they recently changed from one type of device to another - check they know the correct technique
- Are they aware of the correct ordering intervals, so that they do not run out of the inhaler and when going on holiday
- Does their wheezing worsen when exercising? - counsel on appropriate use of reliever inhaler before exercise
- Do they notice they get worse symptoms during hay fever season - ensure that their hay fever treatment is optimised
- Give tips to minimise exposure to indoor and outdoor air pollution, as this can be a trigger. See [NICE guideline](#).
- Do they get exacerbations in the winter - do they have a rescue pack and do they know what to do with that?
- Have they considered flu, COVID and pneumonia vaccination?
- For children- does the school have access to the child's action asthma plan and inhalers
- Reminder to contact the Pharmacist or GP if their asthma symptoms worsen or do not improve
- Do they know how to clean their device?
- Do they know how to dispose of their inhaler appropriately?

## REFERENCES & FURTHER READING

- [Asthma UK: Inhaler Use Videos](#)
- [NHS: Respiratory Inhaler Technique Resources](#)
- [NICE Guideline: Asthma Diagnosis, Monitoring, and Chronic Asthma Management](#)
- [National Pharmacy Association \(NPA\) Training Modules: Inhaler Technique](#)