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Asthma Devices

How to Choose		Requires ability to hold breath	Inspiratory force required	Has taste	Works well in cold	Works well in humidity	Contains lactose	Requires intact hand dexterity	Children < 6 y.o.
Device Type									
Metered Dose Inhaler (MDI)	MDI + mouthpiece spacer	Yes	+	No	No	Yes	No	No	No
	MDI + Mask + spacer	No	+	No	No	Yes	No	No	Yes
Dry Powdered	Turbuhaler	Yes	+++	No	Yes	No	No	Yes	No
	Diskus	Yes	++	Yes	Yes	No	Yes	No	No

How to Use		
Device Type	Instructions	Device Care
Metered Dose Inhaler (MDI)	MDI + mouthpiece spacer	- Clean by soaking in soapy water - Let device air dry after cleaning - Replace cap on plastic sleeve to store device
	MDI + mask spacer	
	MDI alone**	
** (not recommended except for 3M device)		
Dry Powder	Turbuhaler	- Clean with dry cloth - Store at ambient temperatures - Keep device dry
	Diskus	

Key References: Loughheed et al. Canadian Thoracic Society Asthma Management Continuum—2010 Consensus Summary for children six years of age and over, and adults. *Can. Resp. J.* Vol. 17(1), 2010 15-24. / Becker A et al. Summary of Recommendations from Canadian Pediatric Asthma Consensus Guidelines, 2003, *CMAJ* 2005, 173 (6 suppl):S1-S56.