The authors and reviewers have made every attempt to ensure the information in this Family Medicine Clinical Card is correct – it is possible that errors may exist. Accordingly, the source references or other authorities should be consulted to aid in determining the assessment and management plan of patients. The Card is not meant to replace customized patient assessment nor clinical judgment. The Card is meant to highlight key considerations in particular clinical scenarios, largely informed by relevant guidelines in effect at the time of publication. The authors cannot assume any liability for patient outcomes when this card is used.

Canadian Family Medicine Clinical Card

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Chadha N Keegan DA

Asthma Devices

	v to Choose	Requires 2	nspiratory	Has ta	Works.	Monte L.	" numidity Ontai:	Requires	and destrency Children	, , , , , , , , , , , , , , , , , , ,
De	vice Type	\ & O	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	/ 2 °	`		<u> </u>	_	/ 0	/
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 + mouth- piece spacer	(1) Remove cap and shake (2) Insert MDI into spacer (3) Breathe out and seal lips around mouthpiece (4) Press down and THEN take slow deep breath; hold for 10 seconds (5) Brush teeth or gargle/spit water after use	- Clean by soaking in soapy water - Let device air dry after						
	MDI + mask spacer	mask (3) Put mask against face (do not cover eyes)							
	MDI alone**	(1) Remove cap and shake (2) Breathe out and seal lips around mouthpiece (3) Press down as you breathe in slowly (4) Hold breath for 10s then breathe out slowly (5) Brush teeth or gargle/spit water after use ecommended except for 3M device)							
Dry Powder	Turbu haler	(1) Twist open and turn and click once (2) Breathe out fully and put turbuhaler in mouth (do not blow into device) (3) Deep breath in and hold for 10 seconds - do NOT shake device	- Clean with dry cloth - Store at ambient						
	(1) Push open and slide and click (2) Breathe out fully and put diskus in mout not blow into device) (3) Deep breath in and hold for 10 seconds - do NOT shake device		temperatures - Keep device dry						

Key References: Lougheed 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.