

Dry Powder Inhalers
SKILL VALIDATION TOOL
FOR HEALTH OFFICE STAFF

NAME: _____ SCHOOL: _____

OBSERVED BY: _____ DATE OBSERVED: _____

Dry Powder Inhalers	YES	NO
1. Describe the benefits of using a dry powder inhaler		
a. no spacer required		
b. has counter to determine amount of medication left or indicator that medication is running out.		
c. better disposition of medication		
2. Describe difference between MDI and DPI inhalers		
a. MDI is aerosolized, DPI is dry powder		
b. with DPI can inhale as many times as needed to take complete dose		
3. How to use Turbuhaler		
a. stand up straight		
b. If using for the first time, prime the inhaler (twist brown grip fully to the right and back again to the left – do this twice)		
c. load dose: twist cover and lift off, hold turbuhaler upright, twist the brown grip fully to the right. Twist it back again fully to the left. It will click		
d. Turn head away from inhaler and breathe out (never exhale into inhaler)		
e. place the mouthpiece between lips and inhale forcefully and deeply, holding turbuhaler upright (mouthpiece up) or horizontal		
f. place cover back on the inhaler and twist shut. Rinse mouth with water. Do not swallow		
g. keep turbuhaler clean and dry at all times		
4. Determine how much medication is left in inhaler		
5. How to use Diskus (Advair, Serevent)		
a. hold Diskus in one hand and put the thumb of your other hand on the thumbgrip. Push thumb away from you until mouthpiece appears and snaps into position.		
b. hold Diskus in level horizontal position and slide the lever away from you until it clicks		
c. holding the Diskus level and away from mouth, breathe out as far as possible (never breathe out into the Diskus)		
d. put the mouthpiece to lips. Breathe in steadily and deeply		
e. remove Diskus from mouth, hold breath for 10 seconds, breathe out slowly		
f. to close Diskus, put thumb on the thumbgrip and slide the thumbgrip back towards you as far as it will go until it clicks shut.		
6. How to use Aerolizer Inhaler (Foradil)		
a. Pull off the Aerolizer Inhaler cover.		

b. Hold the base of the Aerolizer Inhaler firmly and twist the mouthpiece in the direction of the arrow to open. Push the buttons in to make sure that the 4 pins are visible in the capsule well on each side.		
c. Remove capsule from foil blister immediately before use. Peel paper backing from blister and push capsule through the remaining foil.		
d. Place capsule in the capsule-chamber in the base of the Aerolizer Inhaler. <i>Never place a capsule directly into the mouthpiece.</i>		
e. Twist the mouthpiece back to the closed position.		
f. With the mouthpiece of the Aerolizer Inhaler upright, simultaneously press both buttons once . You should hear a click as the capsule is being pierced.		
g. Release the buttons. If the buttons stick in the depressed position, grasp the wings on the buttons to retract them before the inhalation step. Do not depress the buttons a second time, since in rare cases this may cause the capsule to shatter into small pieces. These pieces should be retained by the screen built into the Aerolizer Inhaler.		
h. Exhale fully. Do not exhale into the mouthpiece!		
i. Tilt your head back slightly. Keeping the Aerolizer Inhaler horizontal, with the blue buttons to the left and right (NOT up and down), place the mouthpiece in your mouth, closing your lips around the mouthpiece.		
j. Breathe in rapidly but steadily, as deeply as you can. As the capsule spins around in the chamber dispensing the placebo powder, you will experience a sweet taste and hear a whirring noise. If you have not heard the whirring noise, the capsule may be stuck. If this occurs, open the Aerolizer Inhaler and loosen the capsule allowing it to spin freely. Do not try to loosen the capsule by repeatedly pressing the buttons.		
k. While removing the Aerolizer Inhaler from your mouth, continue to hold your breath as long as comfortably possible, then exhale.		
l. Open the Aerolizer Inhaler to see if any powder is still in the capsule. If any powder remains repeat steps h – k. Most people are able to empty the capsule in one or two inhalations.		
m. After use, open the Aerolizer inhaler, remove and discard the empty capsule. Do not leave a used capsule in the chamber. Close mouthpiece and replace the cover. Keep the Aerolizer Inhaler and foradil capsules in a dry place. Never wash the inhaler. Use the new one that comes with each refill.		
7. Document treatment and education		

Demonstrated Competency YES NO