

## **ASTHMA STUDENT SKILLS CHECKLIST**

Student \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

School Nurse Signature \_\_\_\_\_ Date \_\_\_\_\_

### **Metered Dose Inhaler (MDI) Skills Checklist:**

**Requires Supervision**     **Performs Independently**

1. Remove the cap to expose the mouth piece. Make sure the mouthpiece and the opening where the medicine comes out is clean and free of debris and build-up
2. If applicable, shake the inhaler gently back and forth and prime if needed.
3. Gently exhale fully and completely to empty the air from your lungs
4. Place the inhaler up to your mouth and seal your lips around the mouth piece, making sure teeth are not blocking the opening of the mouthpiece.
5. Lift the chin and start to breathe in and then immediately spray ONE puff of medicine as you continue breathing in for 3-5 seconds.

If the student's FEV1 is known, use a target time to coach the time in seconds the student should breathe in. (This will help the student breathe in at the right speed for the inhaler they are using).

Target time for MDIs is [FEV1 value] X 2 = seconds.

Example: student's FEV1 = 2.0 Liters: MDI target time would be [2.0] X 2 = 4 seconds.

6. Fill your lungs with the medication and hold your breath for 5-10 seconds. Then slowly breathe out.
7. Repeat steps 1-5 for each prescribed puff. Wait one minute between puffs.
8. Avoid exposing the MDI to extreme temperatures. Follow manufacturer's guidelines for care of the device.
9. Recommend "rinse and spit, then brush your teeth" after inhaled corticosteroids (ICS). If unable, eating or drinking will help remove drug from throat.

### **Spacer/Chamber Skills Checklist: Type of Device** \_\_\_\_\_

**Requires Supervision**     **Performs Independently**

1. Remove the cap and look for foreign objects.
2. Attach inhaler to device. If applicable, shake the inhaler gently back and forth and prime if needed.
3. Gently exhale fully and completely to empty the air from your lungs.
4. Continue with steps 4-6 of the "Metered Dose Inhaler Skills Checklist" above.
5. Avoid exposing the MDI to extreme temperatures. Follow manufacturer's guidelines for care of the device.

### **Spacer/Chamber WITH MASK Skills Checklist: Type of Device** \_\_\_\_\_

**Requires Supervision**     **Performs Independently**

1. Look inside the mask and chamber to be sure it is clean and free from debris or foreign objects.
2. If applicable, shake the inhaler gently back and forth and prime if needed.
3. Covering both the mouth and nose, place the mask on the child's face to make a good seal. Lift the chin to open the airway.
4. Have the child gently blow out all the old air from their lungs. Say "Blow out ALL your air like you are blowing out candles on a cake."
5. Now, press down on the inhaler to actuate the medicine.
6. Then say, "Breathe in, breathe in, breathe in. Hold it. Hold it. Hold it. Good work!"
7. If the effort is not great, just keep the mask in place and repeat this sequence four or five more times to clear the medicine from the chamber.
8. Avoid exposing the MDI to extreme temperatures. Follow manufacturer's guidelines for care of the device.

### **Dry Powder Inhaler (DPI) Skills Checklist:**

**Requires Supervision**    **Performs Independently**

Note: Using a dry powder inhaler is very different than an MDI. Dry powder inhalers are available in various delivery devices. A lever may need to be pressed, a button squeezed, a cap removed or a dial twisted before inhalation. Dry powder inhalers need a stronger, faster inhalation and are not used with spacers. It takes greater effort to breathe in a dry powder than using an MDI, especially when a person is sick and having trouble with their asthma. Most asthma medicines are available in both DPI and MDI. The following instructions are for general information only.

1. Remove the cap to expose the mouth piece. Make sure the mouthpiece and the opening where the medicine comes out is clean and free of debris and build-up
2. Load a dose into the device as directed. Hold the device as directed.
3. Gently exhale fully away from the device and completely to empty the air from your lungs.
4. Place the inhaler up to your mouth and seal your lips around the mouth piece, making sure teeth are not blocking the opening of the mouthpiece.
5. Lift the chin and start to breathe in quickly and deeply as you continue breathing in for 2-3 seconds.

If the student's FEV1 is known, use a target time to coach the time in seconds the student should breathe in. (This will help the student breathe in at the right speed for the inhaler they are using).

Target time for DPIs is  $[\text{FEV1 value}] \times 1 = \text{seconds}$ .

Example: student's FEV1 = 2.0 Liters: MDI target time would be  $[2.0] \times 1 = 2 \text{ seconds}$ .

6. Fill your lungs with the medication and hold your breath for 5-10 seconds. Then slowly breathe out.
7. Repeat steps 1-5 for each prescribed puff. Wait one minute between puffs.
8. Avoid exposing the MDI to extreme temperatures. Follow manufacturer's guidelines for care of the device.
9. Recommend "rinse and spit, then brush your teeth" after inhaled corticosteroids (ICS). If unable, eating or drinking will help remove drug from throat.

### **Nebulizer Skills Checklist:**

**Requires Supervision**    **Performs Independently**

1. Place the medication in the nebulizer cup.
2. Place the air compressor on a hard surface and turn it on. Look to see that mist is coming out.
3. If you use a mask, place the mask on your face covering both your nose and mouth. If you use a mouthpiece, put your lips around the end of it to form a seal. It should never be outside the mouth.
4. Take slow deep breaths until no mist comes from the mouthpiece.
5. Tap the cup to produce a little more mist.
6. Follow manufacturer's guidelines for care of the device.
7. Recommend "rinse and spit, then brush your teeth" after inhaled corticosteroids (ICS). If unable, eating or drinking will help remove drug from throat.

### **Peak Flow Meter Skills Checklist:**

**Requires Supervision**    **Performs Independently**

1. Return the marker to the bottom of the numbered scale.
2. Stand or sit up straight.
3. Take as deep a breath as you can.
4. Hold your breath while you place the peak flow meter up to your mouth and seal your lips tightly around the mouth piece, making sure teeth are not blocking the opening of the mouthpiece.
5. Keep your tongue away from the mouthpiece as you blow out your air as hard and fast as possible. The marker will move up the numbered scale indicating the air speed. Write down this number.
6. Repeat steps 1-5 two more times.
7. Record the highest of the 3 numbers.
8. Follow manufacturer's guidelines for care of the device.

**EpiPen® Trainer Skills Checklist:**

Requires Supervision    Performs Independently

**Epinephrine dosage is based on body weight.**

**The EpiPen® autoinjector (0.3 mg) is for persons who weigh 30 kg (about 66 pounds) or more.**

**The EpiPen® Jr. autoinjector (0.15 mg) is for persons who weigh 15 to 30 kg (33-60 pounds).**

**<http://www.epipen.com/page/epipen--epipen-jr--prescribing-information--patient-instructions>**

1. CONFIRM THAT LABEL STATES TRAINING DEVICE.
2. Remove the gray or blue safety cap.
3. Hold the barrel of the device with your fist.
4. Place black or orange tip on outer thigh. **DO NOT PLACE YOUR THUMB OVER THE END OF THE DEVICE.**
5. Push firmly against outer thigh at a right angle or perpendicular to the leg.
6. Hold the EpiPen® against the thigh for 10 seconds to deliver the medicine.
7. Remove tip from leg and massage injection site for 10 seconds.
8. If actual EpiPen® were used, **call 911.**
9. Replace the gray or blue cap on the EpiPen® trainer.
10. You may practice again.

**Twinject® Trainer Skills Checklist:**

Requires Supervision    Performs Independently

**Epinephrine dosage is based on body weight.**

**The Twinject® autoinjector (0.3 mg) is for persons who weigh 30 kg (about 66 pounds) or more.**

**The Twinject® Jr. autoinjector (0.15 mg) is for persons who weigh 15 to 30 kg (33-60 pounds).**

**<http://www.twinject.com/allergy-treatment-resources/PI.html>**

1. CONFIRM THAT LABEL STATES TRAINING DEVICE.
2. Hold the barrel of the device with your fist.
3. Remove cap 1 and 2 in stated order.
4. Hold red tip near outer thigh. **DO NOT PLACE YOUR THUMB OVER THE END OF THE DEVICE.**
5. Push firmly against outer thigh at a right angle or perpendicular to the leg.
6. Hold the Twinject® against the thigh for 10 seconds to deliver the medicine.
7. Remove tip from leg and massage injection site for 10 seconds.
8. If actual Twinject® were used, **call 911.**