

# METERED DOSE INHALERS WITH A SPACER

## Indications

- “Metered dose inhaler” (MDI) is the medical name for “puffers” or “pumps” that are used to deliver aerosolized medicine to the lungs. They allow for more accurate dosing than using the traditional mask and high-flow oxygen aerosol chamber. Examples of medicines given by metered dose inhalers include salbutamol (Ventolin®) and fluticasone (Flovent®).
- However, to be most effective they must be used with a spacer (Aerochamber®). Spacers come with mouthpieces or masks. Babies and toddlers must use the mask



## Materials

- Prescribed medication pump
- Spacer with mask
- Alcohol/chlorhexidine swabs (for cleaning inside of mask after use)
- Pink swab + water (for cleaning mouth after use)

## Key Points

- Ten breaths must be taken with good mask seal to ensure baby is receiving full dose of medication (watch exhalation valve on spacer to count)
- Bronchodilator should always be given first, followed by steroid
- Inside of baby’s mouth should always be washed after administration of steroid

## Procedure

1. Shake MDI 4-5 times
2. Insert MDI into backpiece of spacer
3. Place spacer mask over baby’s mouth and nose, ensuring good seal
4. Press MDI to deliver dose
5. By watching the exhalation valve on the spacer, count 10 breaths
6. If more than one “puff” is prescribed, allow a full minute between “puffs” – the inhaler needs to repressurize
7. Gently clean inside of baby’s mouth with pink swab and water after all medications are given
8. Clean inside of mask with alcohol swab once done

