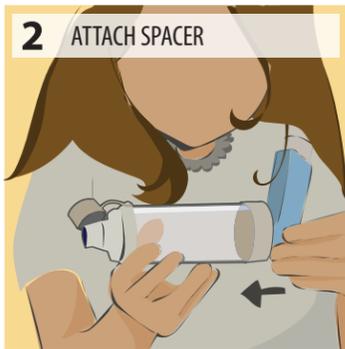


How to use an inhaler with a spacer

Works as well as a nebulizer!



1 TAKE CAP OFF AND SHAKE
Take cap off the inhaler. Check for and remove any dust, lint, or other objects. Shake the inhaler well.



2 ATTACH SPACER
Attach the inhaler to the spacer.



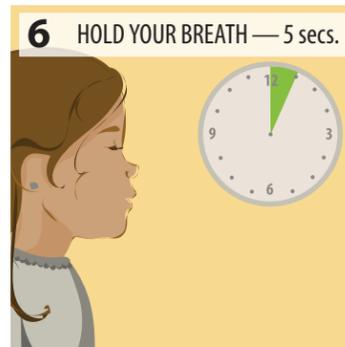
3 BREATHE OUT
Breathe out all the air, away from the spacer.



4 PRESS THE INHALER
Put lips around device, press inhaler one time. This puts one puff of medicine into the spacer.



5 BREATHE IN DEEPLY & SLOWLY
Breathe in deeply and slowly, and hold your breath.



6 HOLD YOUR BREATH — 5 secs.
Remove the device from the mouth. Then **hold** your breath for 5 secs. Then breathe normally **away** from the spacer.



7 WAIT 1 MINUTE
If your child needs to take another puff of medicine, wait 1 minute. After one minute, repeat steps 3 to 6.



8 RINSE — DON'T SWALLOW!
Rinsing is only necessary if the medicine you just took was an inhaled steroid. Have your child rinse his or her mouth out with water after the last puff of medicine. **Make sure your child spits the water out.** Do not allow the child to swallow the water. Recap the inhaler.

From the American College of Chest Physicians. Illustrations by Paula Falco

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What is this? This is a QR code. To use it, go to the app store on your smartphone, search for 'QR code readers' and download the free app.

To learn more about asthma, scan this code with the app to link to Respiratory Health Association website. Or go to: www.tinyurl.com/asthmalib

Asthma discharge plan



4.10.2017

Child's name _____ Date _____ Doctor's signature _____ Date _____

1 Take your asthma medicine

Your oral steroid is: _____

- Pills Liquid

1st dose time/date _____

How much _____

How often _____

For how long _____

It is very important you complete the dosage

Things to know about oral steroids:

- is another powerful "rescue" medicine
- if you were given these in the emergency room, it is very important that you finish them!

Your "rescue" medicine is: _____

- Inhaler Spacer

1st dose time/date _____

Number of puffs _____

How often _____

For how long _____

After that, use ONLY when symptoms occur

Things to know about rescue medicine:

- should be used only if your child is having symptoms during an asthma attack/with symptoms
- is typically albuterol with a name like: Proventil, Pro-Air, Ventolin, Xopenex

Mark your meds at the pharmacy:

red sticker for "rescue" medicine

Your "controller" medicine is: _____

- Inhaler Spacer

1st dose time/date _____

Number of puffs _____

How often _____

Take every day EVEN IF no visible symptoms

Things to know about controller medicine:

- should be used every day, even if your child has no symptoms
- examples include Pulmicort, Flovent, Azmacort, Advair
- may be an allergy medication, such as Singulair and Accolate

Mark your meds at the pharmacy:

green sticker for "controller" medicine

Other: _____

2 See your child's doctor within 3 days of your ER visit

Doctor's name _____ Clinic telephone number _____ Your appointment date and time _____

3 Read the signs

GREEN ZONE

Go play

Even if your child shows no signs of breathing problems, keep using the “controller” medicine every day.

breathes easily

plays as usual

no coughing or wheezing

peak flow is at normal level

sleeps soundly

YELLOW ZONE

Call doctor

If your child shows any of these signs, use “rescue” medicine right away, keep using “controller” medicine, and call your doctor.

breathes fast when standing in place

coughs a lot at night

hurts to breathe deeply

hard to sleep because of breathing problems

breathing does not get better within 20 minutes of taking “rescue” medicine

RED ZONE

Get help

If your child has any of these signs, use “rescue” medicine, and go to the emergency room or call 911.

hard time saying a full sentence without a breath

hard time walking

Call 911

breathing so hard that they are drowsy or sleepy

lips or fingernails are grey or blue

breathing gets worse within 20 minutes of taking “rescue” medicine

ribs show when breathing

hard time breathing when sitting in place

Illustrations by Paula Falco

4 Stay on top of asthma

- ▶ **Don't wait! Call with questions** Call your child's regular doctor as soon as possible to help you understand your child's asthma and home treatment plan.
- ▶ **Identify your child's asthma triggers** Build a trigger list of what seems to make your child's asthma act up. Add to that list as you notice new triggers. Try to help your child avoid these!
If your child has a cold, use your child's action plan; and help them to blow their nose.
Avoid smoking—a known asthma trigger—and avoid having your child in a house where someone smokes.

Here are some examples of common asthma triggers:



What are your child's triggers?

- ▶ **Give medications as prescribed** Review how to use the inhalers with your child's doctor. Develop tricks to help remind you to give the medications.

What might be useful tricks?

- ▶ **Take your child to the doctor regularly** Your child's doctor is there to help—they want to see how well your child is doing and to review your child's symptom control.

Together you and your doctor will discuss a new Asthma Home Plan, with instructions for when your child's asthma is under control and when it is not well-controlled.

