



## How to help a child use a spacer?

**You should be shown how to help a child use their inhaler and spacer. If you're not sure you're doing it properly, you can check with the GP, asthma nurse or pharmacist.**

1. Explain to the child what's going to happen and what they need to do
2. If it is a new spacer prime it with up to 8 puffs of the inhaler to coat the chamber (and then remove inhaler)
3. Sit the child upright, not slouched
4. Remove the cap and shake the inhaler – the child can help with this for 30 seconds
5. Put the inhaler into the end of the spacer
6. Place the mouthpiece between the child's teeth and lips, making a seal so no medicine can escape, or mask over the mouth and nose
7. Press the canister once to put one puff of the child's inhaler medicine into the spacer
8. Get them to breathe in and out of the mouthpiece five times counting slowly
9. Repeat from step 2 for each puff of the inhaler needed, remembering to take out the inhaler and shake it before each puff
10. Wait 30 seconds - 1 minute in between each dose, the canister needs to rewarm and you can shake whilst waiting.

**Guidance on the use of emergency salbutamol inhalers in schools (DH 2015)**

**Managing Asthma in School (CCC July 2015)**