

Spacer devices - using spacer devices with pre-school children

- Show the child how the inhaler and spacer work before putting it near the face. Demonstrate on yourself (without puffing on the inhaler), or use a doll or teddy. Remember to ask the child's permission first, as many see a favourite toy as an extension of themselves!
- Introduce medication times as part of the normal routine, fitting in with regular activities such as meal, bath and bed times.
- At medication times, tell the child that it is time for their puffer, having made all necessary preparations in advance. Do not give the child a choice in the matter. However, do allow them to choose where to sit, and whether they wish to hold the puffer themselves. This gives the child a feeling of control over the situation, and reduces apprehension.
- Count out loud while using the spacer, breathing with them to encourage breath control.
- Reward co-operative behaviour with praise and cuddles. Some children respond well to sticker and star charts when trying to establish new behaviour.
- Don't argue with your child if he or she is unco-operative. If positive encouragement and reasoning don't work and the child becomes upset, abandon the task. Wait until all is calm and the child is occupied with other things, then patiently try again, emphasising the positive aspects of the procedure.
- If all else fails, the child will get some benefit from being given the medication while asleep.

INSTRUCTIONS	EXPLANATION
Wash the spacer before initial use in warm water and detergent.	This reduces static, which would otherwise attract the drug particles to stick to the walls of the spacer, and therefore reduce the amount reaching the lungs
DO NOT RINSE	Detergent has been shown to be an effective agent in reducing static.
Leave to dry naturally	
Repeat washing procedure every week	
TO USE: 1. Shake the inhaler and fit into the spacer.	This mixes the drug with the propellant in the inhaler.
2. Ensure there is a firm seal of either mouth around the mouthpiece, or mask over nose and mouth.	This will stop the medication escaping.
3. Keeping the spacer still, press the inhaler once.	Movement will result in turbulence of particles, reducing the amount reaching the lungs.
4. Let the child breathe normally through the mouth, five or six times in and out.	
5. Repeat these steps for each puff required. Never put more than one puff at a time in the spacer.	The puffer should be shaken after every two puffs. Too many particles in the spacer causes them to stick together and 'fall out'.

Please Note:

The child should be properly assessed by a nurse or doctor for the spacer device most appropriate to them.

If you require further medical assistance and your general practice (GP) is unavailable, contact the 24 Hour Surgery:
Phone 365-7777, 401 Madras Street.

Spacer devices (Children)



24 Hour Surgery
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