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Canadian Family Medicine Clinical Card

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Asthma Devices

How to Choose		Requires ability to hold breath	Inspiratory force required	Has taste	Works well in cold	Works well in humidity	Contains lactose	Requires intact hand dexterity	Children < 6 Y.o.
Device Type									
Metered Dose Inhaler (MDI)	MDI + mouthpiece spacer	Yes	+	No	No	Yes	No	No	No
	MDI + Mask + spacer	No	+	No	No	Yes	No	No	Yes
Dry Powdered	Turbuhaler	Yes	+++	No	Yes	No	No	Yes	No
	Diskus	Yes	++	Yes	Yes	No	Yes	No	No

How to Use

Device Type	Instructions	Device Care
Metered Dose Inhaler (MDI)	MDI + mouth-piece spacer (1) Remove cap and shake (2) Insert MDI into spacer (3) Breathe out and seal lips around mouthpiece (4) Press down and THEN take slow deep breath; hold for 10 sec (5) Brush teeth or gargle/spit water after use	- Clean by soaking in soapy water - Let device air dry after cleaning - Replace cap on plastic sleeve to store device
	MDI + mask spacer (1) Remove cap and shake (2) Insert MDI into spacer (3) Put mask against face (do not cover eyes) (4) Press down and take 6 normal breaths (use mouth to inhale)	
	MDI alone** (1) Remove cap and shake (2) Breathe out and seal lips around mouthpiece (3) Press down as you breathe in slowly (4) Hold breath for 10 sec then breathe out slowly (5) Brush teeth or gargle/spit water after use ** (not recommended except for 3M device)	
Dry Powder	Turbuhaler (1) Twist open and turn and click once (2) Breathe out fully and put turbuhaler in mouth (do not blow into device) (3) Deep breath in and hold for 10 sec - do NOT shake device	- Clean with dry cloth - Store at ambient temperatures - Keep device dry
	Diskus (1) Push open and slide and click (2) Breathe out fully and put diskus in mouth (do not blow into device) (3) Deep breath in and hold for 10 seconds - do NOT shake device	

Key References: Loughheed MD, et al. Canadian Thoracic Society Asthma Management Continuum—2010 Consensus Summary for children six years of age and over, and adults. *Can Resp J.* 2010;17(1), 2010 15-24. Becker A, et al. Summary of Recommendations from Canadian Pediatric Asthma Consensus Guidelines, 2003. *CMAJ.* 2005;173(6 Suppl).