

Purpose: To administer medication into the respiratory tract.

Materials: Medication in inhaler.

- Procedure:**
1. **Wash hands** before and after inhaler use.
 2. Confirm medication order.
 3. Identify resident.
 4. Assist the resident to upright position. Unless lungs can expand fully, the medication will not reach deeply into lung tissue.
 5. Shake medication, as directed on inhaler container.
 6. Instruct resident to breathe out fully. Place mouthpiece of inhaler well into mouth behind the teeth. Resident should hold lips loosely around the mouthpiece. As resident begins to inhale around mouthpiece, he/she should activate the inhaler, continuing to inhale as deeply and for as long as he/she can. Resident should hold his breath for as long as comfortable to allow absorption of the medication.
 7. Repeat, if directed by physician's order or prescription.
 8. Clean inhaler, especially mouthpiece, after use or at least once a day if it is kept in resident's room.
 9. Advise resident that some medications may cause "jittery" feeling for 15-20 minutes. Also, a feeling of a "pounding" or "bounding" pulse may occur. Report to supervising licensed nurse if resident experiences lightheadedness, abnormal pulse rate or rhythm, or other side effects.
 10. Record according to procedure.

Remarks: Residents may become very dependent on the use of their inhalers. Excessive use of bronchodilator inhalers results in the loss of effectiveness or even aggravate the respiratory condition and make it worse.