

## Nasal Inhaler Therapy

**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. Read package insert instructions carefully.
  3. Identify resident.
  4. Assist the resident to upright position. Have resident blow nose, clearing nasal passage.
  5. Shake medication, as directed on inhaler container. Hold inhaler in upright position with thumb on bottom, fingers on top.
  6. Instruct resident to breathe out fully. With resident's head slightly tilted back, insert nozzle into one nostril, close the other, pinch gently against septum.
  7. Have resident inhale while you depress dispenser.
  8. Wipe off nozzle with tissue until clean.
  7. Repeat, if directed by physician's order or prescription. As with metered dose inhalers, nasal inhalers may differ in dispensing instructions. Follow manufacturer's or pharmacist's instructions.
  8. Clean inhaler, especially nosepiece, after use or at least once a day if it kept in resident's room.
  9. Record according to procedure.

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