

## Nebulizer Therapy

- Purpose:** To administer medication into the respiratory tract.
- Materials:**
1. Hand-held nebulizer, such as Maximist or Pulmonaide.
  2. Medication and diluent.
- Procedure:**
1. **Wash hands** before and after treatment.
  2. Confirm medication order.
  3. Mix medication and diluent as ordered.
  4. Identify resident.
  5. Assist the resident to upright position. Unless lungs can expand fully, the medication will not reach deeply into lung tissue.
  6. Instruct resident to place mouthpiece in mouth, behind teeth and breathe in deeply through mouth, and hold breath for 5-10 seconds, then exhale slowly and completely.
  7. After completing the treatment, clean and dry equipment according to manufacturer's and facility instructions.
  8. Record according to procedure.
  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.
- Remarks:**
1. Bronchodilator medication is frequently given by this route. Respirations should improve. Tachycardia is a side effect. Take pulse before, after.
  2. Hyperventilation may occur during therapy. Encourage resident to breathe deeply but slowly.