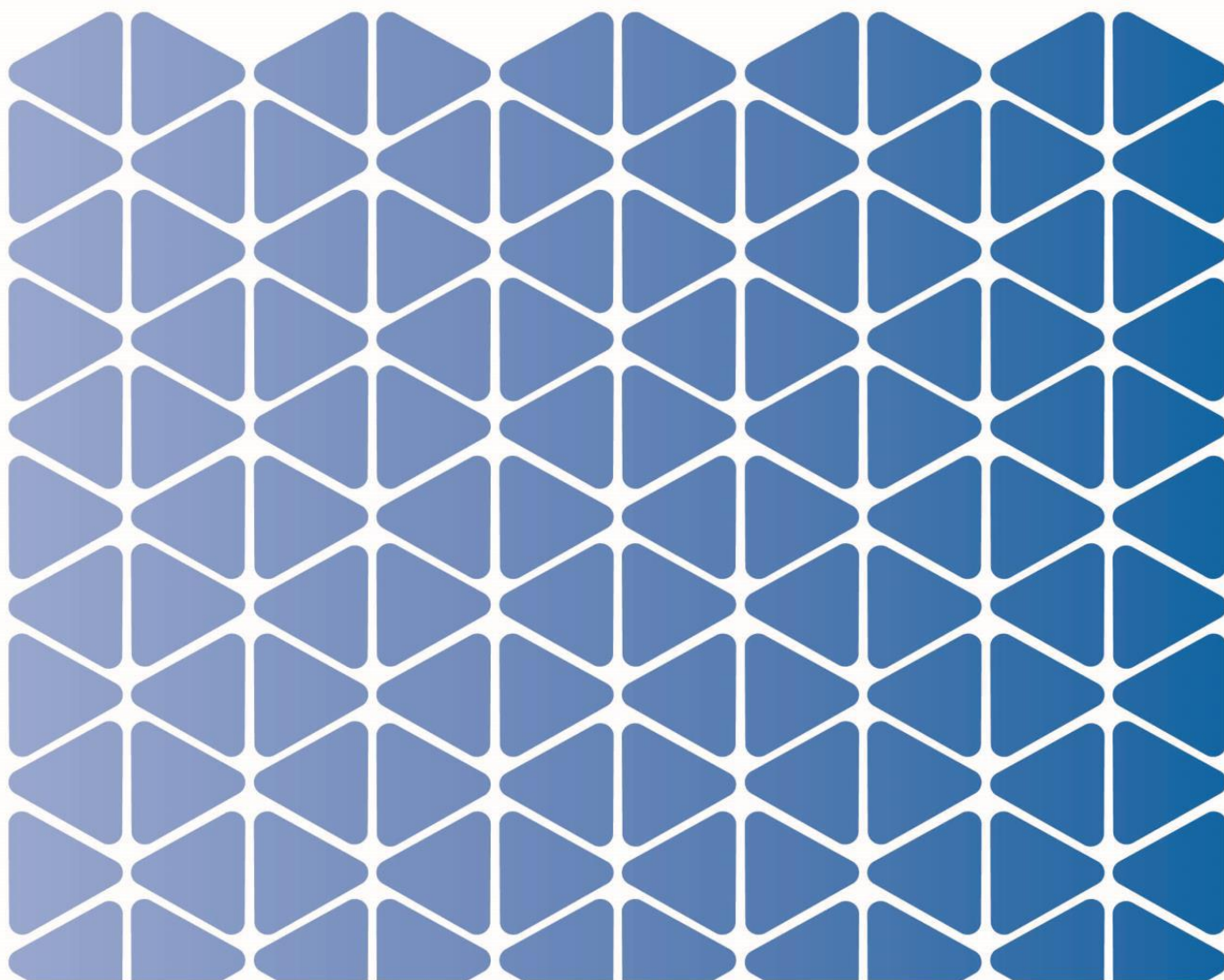


## PATIENT INFORMATION

# HOW TO USE AND CARE FOR THE AEROCHAMBER SPACER WITH A MASK



## How to use and care for the Aerochamber spacer with a mask

**This leaflet is designed to be given alongside inhaler technique demonstrated by your asthma nurse, dependant on age and technique you will be advised whether to use a mask or mouthpiece with your spacer.**

1. Take the cap off the inhaler and check there is nothing in the mouthpiece
2. Shake it well
3. Put the inhaler into the opening on the aerochamber (opposite the mask).
4. Ensure your child is sat up straight, this can be on your knee. If they are old enough ask them to slightly tilt their chin up as this helps the medicine reach their lungs.

### The next steps all happen smoothly in one action

5. Place the mask over your child's mouth and nose.
6. Press the canister on the inhaler once and ask your child to breathe in and out slowly for 5 breaths or very young children count slowly to 10.
7. Remove the device from your child's face.

### If they require more than 1 puff

8. If able, with the spacer away from your child's face, wait 30 seconds to a minute and shake the inhaler again. Then repeat the steps 6-8.
9. When finished, take the inhaler out of the spacer and replace the cap on the inhaler.
10. Store both the spacer and inhaler in a fabric bag (plastic reduces the amount of medication that reaches your child's lungs) or out of reach on a clean surface.
11. If you've used an inhaler that contains steroids (Brown, orange or purple inhalers), ensure your child rinses their mouth with water to reduce any chance of side effects.

**If you hear an audible whistling sound coming from the spacer your child is breathing too fast or hard, if this cannot be resolved please seek advice from your asthma nurse.**

## Care of Aerochamber – clean once a month

### (Do not wash inhaler)

1. Take rubber ends off either side.
2. Swill in hot soapy water (mild detergent).
3. Do not rinse or touch the inside of the cylinder (this causes static which reduces effectiveness of inhalers).
4. Air dry DO NOT use any form of heat or cloth to speed up drying time.
5. The mask can be cleaned or wiped as often as desired.
6. Store the inhaler and spacer as above.

### Replace spacer annually or if valve become stiff/brittle

Failure to follow these instructions reduces effectiveness of inhalers



**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.