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# Diploma in Pharmacy 2<sup>nd</sup> Year

## Community Pharmacy & Management

### Experiment

To study appropriate handling with correct administration techniques of inhalers.

#### Aim:

To study appropriate handling with correct administration techniques of inhalers.

#### Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 90 – 92

#### Theory :

Inhalers are the primary drug delivery system for medications used to treat asthma and chronic obstructive pulmonary disease. However, they can only work properly if they are used. The medication is administered to lungs when using inhaler properly, where it can start controlling symptoms. Incorrect inhaler use results in little or no medication reaching the lungs.

### Handling and Administration Technique of Inhalers

#### 1. Getting Ready:

- i) The cap should be opened.
- ii) The mouthpiece should be looked inside to ensure that there is nothing in it.
- iii) The inhaler should be shaken hard 10 to 15 times before each use.
- iv) All air should be breathed out.

#### 2. Breathe in Slowly:

- i) The inhaler should be held with the mouthpiece down. Lips should be placed around the mouthpiece to seal tightly

- ii) The inhaler should be pressed down one time before breathing slowly through mouth.
- iii) Slowly inhale the air to the possible extent.

### **3. Hold the Breath:**

- i. The inhaler should be removed from mouth. If possible, breathing should be held as slowly counting to 10 This enables the medication to penetrate lungs deeply.
- ii. The lips should be pucker and breathe out slowly through mouth.
- iii. Duration of 1 to 2 minutes should be maintained while using inhaled, quick-relief medicine (beta-agonists) before taking next puff Duration of time should not be maintained between puffs for other medicines
- iv. The cap should be placed on the mouthpiece and it should be confirmed that it is firmly closed.
- v. Mouth should be washed with water, gargle after using inhaler. The water should not be swallowed. This results in reducing side effects from medicine.

### **4. Keep the Inhaler Clean:**

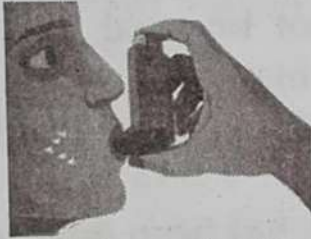
- i) The hole where the medicine sprays out of inhaler should be looked. The inhaler should be cleaned if any powder is seen in or around the hole.
- ii) The metal canister should be removed from the L-shaped plastic mouthpiece
- iii) The mouthpiece and cap should only be washed in warm water
- iv) They should be dried overnight.
- v) The canister should be placed back inside in the morning The cap should be opened
- vi) Any other parts should not be washed.



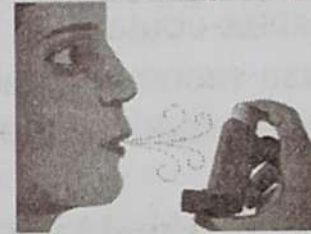
The device should be shaken for 2-3 seconds.



b) The individual should take a deep breath and then exhale completely.



c) The mouthpiece should be rounded with lips. The individual should inhale slowly and deeply for 2-3 seconds during pressing the inhaler canister.



d) Breath should be held for 10 seconds, the lips should be pursed, and then exhale.

**Figure 15: Administration Technique of Pressurised Metered-Dose Inhaler**

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## Result :

Appropriate handling with correct administration techniques of inhalers was studied

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