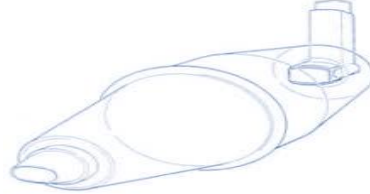


## INFORMATION LEAFLET FOR PARENTS / CARERS OF A CHILD

### Volumatic Education Action Plan

*Older than 6 years old*



#### **Volumatic (Spacer Device)**

Spacers act as a holding chamber for inhaled medication from a metered dose inhaler, allowing time for medication to be inhaled.

1. Fit the two halves of the volumatic together.
2. Remove the cap of the inhaler.
3. Shake the inhaler well.
4. Fit the inhaler firmly into the adaptor end of the volumatic.
5. Place the mouthpiece in the mouth between lips and teeth.
6. Seal the lips firmly around it. Avoid putting lips over the side holes of the mouthpiece.
7. **Breathe out** into the device as far as is comfortable.
8. Press the inhaler once to release a dose
9. Breathe in and out slowly and deeply five times. The valve should click with each breath

**For every dose the inhaler should be removed from the volumatic and steps 3-9 repeated.**

#### **Cleaning (needs to be replaced 9-12 monthly)**

- Clean monthly to reduce static.
- Soak in warm water and mild detergent for a few minutes.
- Rinse and **Drip dry only**, do not dry with a cloth
- Wipe the mouthpiece to remove detergent before use.
- Change volumatic if valve gets damage or fails to open.



If the inhaler hasn't been used in a week or more, it may need to be primed, do so by releasing one puff into the air.

*Only release one puff of the inhaler into the volumatic at one time.*

Volumatics are single person use and should not be shared.

For further information and demonstrations on inhaler devices: [www.asthmasociety.ie](http://www.asthmasociety.ie)

General Paediatric Team March 2020



## My Asthma Medicine

- 1) My Controller inhaler is.....
- 2) Colour.....
- 3) I take ..... puff/s of my preventer / controller in the morning and.....puffs in the evening.

- 1) My oral controller is.....
- 2) I take my Controller medicine all the time, even when well.  
**(Don't forget to rinse mouth / wipe face after using Controller)**
- 3) My Controller benefits my lungs by reducing inflammation, swelling and mucus.

- 1) My Reliever Medication is.....
- 2) Colour.....

**ALWAYS USE SPACER DEVICE WHEN USING INHALERS**

### My Asthma Action Plan

Orange Zone	Green Zone	Red Zone
<b>Feeling Unwell</b>	<b>Feeling Well</b>	<b>Feeling Worried</b>
I cough or wheeze and it is hard to breath	Feeling well, no symptoms	My reliever is not helping
I am waking at night because of my asthma	I have no cough	I am finding it hard to breathe and / or talk or feed
I cough or wheeze when I play	I play just like other children	I am breathing hard and fast
I need my reliever inhaler to control my asthma more than 2 times a week	I use my reliever less than 2 times a week	I am sucking in around my ribs / throat
I continue to take my controller inhaler every day	I take my Controller Inhaler EVERY day.	I am looking pale or blue
I may need to start my reliever inhaler ..... puffs / every 4 hours via the spacer device.	I may need the reliever if I have a cough or wheeze or chest tightness	My reliever is having little or no effect
If my symptoms are not improving or getting worse, contact GP or Emergency Department	2 puffs via spacer Device	I need to take one puff of my reliever inhaler every 30-60 seconds – up to a total of 10 puffs.
		Take slow and steady breaths
		Stay Calm and seek <b>Urgent</b> medical advice/GP or Emergency Department or call an ambulance

