



OSCE Checklist: Inhaler Technique

| Opening the consultation | | |
|--------------------------|---|--|
| 1 | Wash your hands and don PPE if appropriate | |
| 2 | Introduce yourself to the patient including your name and role | |
| 3 | Confirm the patient's name and date of birth | |
| 4 | Check the patient's current understanding of inhaler technique, allowing you to better tailor your explanation | |
| 5 | Position the patient so that they are sitting comfortably | |
| 6 | Ask the patient if they have any pain or shortness of breath before beginning your explanation of inhaler technique | |
| Explanation | | |
| 7 | Explain what an inhaler is | |
| 8 | Explain what type of inhaler(s) the patient is prescribed and how they work | |
| 9 | Explain when each inhaler type should be taken | |
| 10 | Check the patient's understanding by asking them to repeat the key points back to you | |
| Demonstration | | |
| 11 | Advise the patient to test the device if appropriate and check the dose counter and expiry date | |
| 12 | Hold the inhaler upright | |
| 13 | Remove the cap from the inhaler and inspect to make sure there is nothing inside the inhaler mouthpiece | |
| 14 | Shake the inhaler well | |
| 15 | Sit or stand up straight and slightly tilt your chin up. This position helps the medication to better reach the lungs. | |
| 16 | Breathe out gently and slowly away from the inhaler until your lungs feel empty | |
| 17 | Put your lips around the mouthpiece of the inhaler to create a tight seal | |
| 18 | Start to breathe in slowly and steadily whilst at the same time pressing the canister on the inhaler once | |
| 19 | Continue to breathe in slowly until your lungs feel full | |
| 20 | Remove the inhaler from your mouth and seal your lips | |
| 21 | Hold your breath for 10 seconds, or as long as you are comfortably able to | |
| 22 | Breathe out gently, away from your inhaler | |
| 23 | Once you have finished using your inhaler, replace the cap. If you've used an inhaler that contains steroids, rinse your mouth with water to reduce the chance of side effects. | |
| 24 | If you've been prescribed a second puff, wait 30 seconds to a minute before repeating the previous steps | |

| Assess the patient's inhaler technique | | |
|--|---|--|
| 25 | Ask the patient to use their own inhaler as demonstrated and observe their technique | |
| 26 | Provide feedback based on what you observe to allow the patient to refine their technique | |
| 27 | Provide an explanation of how to use a spacer device if relevant | |
| Closing the consultation | | |
| 28 | Check if the patient has any questions regarding inhaler technique | |
| 29 | Advise the patient to use their inhalers as directed | |
| 30 | Explain the potential side effects they may experience when using their inhalers | |
| 31 | Advise that if the patient has an asthma attack that does not respond to their salbutamol inhaler after 10 puffs (with 30 seconds between each puff) they should call 999 for urgent medical assessment | |
| 32 | Provide an information leaflet for the relevant inhaler device | |
| 33 | Arrange a follow-up appointment to re-assess the patient's inhaler technique | |
| 34 | Thank the patient for their time | |
| 35 | Dispose of PPE appropriately and wash your hands | |

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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