

Memo:

Pediatric Emergency Department (Pronto Soccorso) tel. 0498213515



Salus Pueri Foundation has been active since 1992 and its main goal is to raise funds to support the activities of the Pediatric Hospital of Padua. Every day we work to make our hospital a welcoming and child and family friendly place, and to promote a culture where humanization is at the heart of care.


These parents information guides of the Pediatric Emergency Department of Padua have been created to facilitate the provision of clear and complete information to parents whose kids are experiencing acute health issues.

The parents information guides are not intended to replace the recommendations and tailored advice provided by your pediatrician.

Support the Pediatric Hospital of Padua!

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Dipartimento per la Salute
della Donna e del Bambino
- Pronto Soccorso Pediatrico -



FONDAZIONE
SALUS PUERI

Use of spacers



Parents
information
guides

Use of spacers for inhalation therapies



Giving a child their asthma/wheezing medications (bronchodilators and steroids) through a **puffer** and a **spacer** relieves symptoms as well as using nebulizers. The use of the spacer improves the absorption of medications in the airways reducing their possible side effects. Spacers are easy to use and easily portable. **Your doctor will prescribe the medications and their doses most appropriate for your child.**

There are two types of spacers:

- **with a mouthpiece**, for cooperative children (generally older than 6 years of age);
- **with a mask**, for younger children.

How to use the spacer

Before administering medications through a spacer:

- shake the puffer well
- prime the puffer by pressing down a few times (3-4 times) until a mist comes out

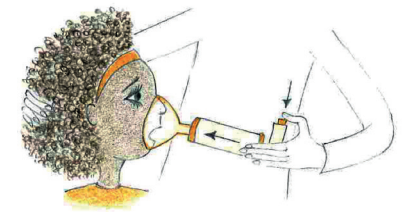
insert the puffer firmly into the end of the spacer



How to use the spacer with a mouthpiece:

- put the mouthpiece between the teeth;
- close the lips tightly around the mouthpiece;
- breathe out (exhale) the air completely from the lungs and hold your breath;
- press the puffer once to release a dose of medicine into the spacer; do not remove the puffer
- breathe in (inhale) through the mouth slowly and deeply and hold the breath for 6-8 seconds (if you think the child inhales through the nose during the maneuver pinch the nose with your fingers or with a nose-clip);
- when administering a steroid, make sure your child rinse their mouth after use.

If a second dose is needed, start over by shaking the can again and then repeating all the steps.



How to use the spacer with a mask:

- place the mask on the child's face making sure it covers the nose and mouth and ensuring a good seal on the skin (you may find it useful to place the hand that does not hold the spacer on the child's back of the head)
- let the child breathe slowly and deeply with his mouth
- after 2-3 breaths, at the end of the exhalation (i.e. when the child has breathed out the air), press the puffer once to release a dose of medicine into the spacer
- hold mask tightly on the sink and allow your child to breathe in and out 5-6 times, slowly and deeply
- when administering a steroid, make sure your child rinse their mouth after use

If a second dose is needed, start over by shaking the puffer again and then repeat all the steps above.

How to take care of your spacer

- Each child must have their own "personal" spacer
- The spacer should be washed weekly in warm water with a few drops of neutral soap or dishwashing detergent. The spacer should not be rinsed or rubbed, and it should be air dried
- The spacer should be replaced after a few years of use

