

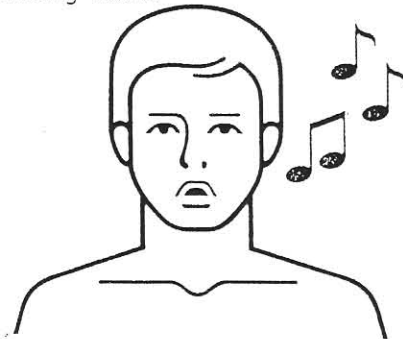
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|--|---|
| 1. Venetian blinds—dust catchers | 7. Closet door ajar—allows dust to settle on clothing |
| 2. Cigarette smoke | 8. Pet dog—may bear allergenic dander |
| 3. Overstuffed cushion—dust catcher | 9. Stuffed toy—dust catcher |
| 4. Pleated lampshade—dust catcher | 10. Rug—dust catcher |
| 5. Ventilation louvers—dust catchers | 11. Vacuuming—raises dust |
| 6. Books and bookshelves—dust catchers | |

Inhalation/Expiration Ratio

This ratio measures how long it takes to *breathe in* (inhalation) as compared to *breathing out* (expiration). When we breathe normally, breathing in takes twice as long as breathing out. During an asthma attack, it takes *longer* for the child to exhale.

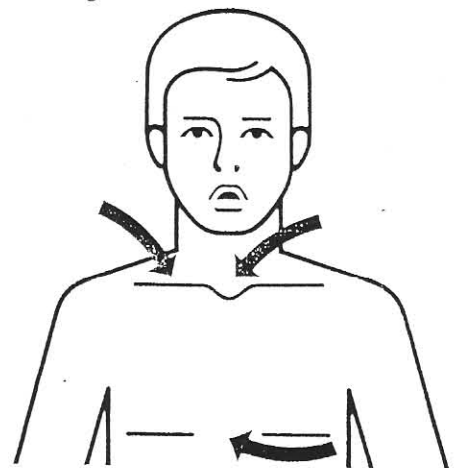
Wheezing

This indicates difficulty in breathing, whereby air is flowing through very constricted bronchial tubes, causing a "whistling" sound.



Retractions

The area of skin under the rib cage, the soft part of the neck above the breast bone, and the soft tissue over the collarbone *draw in* as the child inhales. This "sucking in" action is called a retraction.



How To Use The Inhaler

For the next two weeks read these steps aloud as your child is taking his or her inhaler.

Getting ready

1. Take off the cap and shake the inhaler
2. Ask your child to breathe out all the way
3. Ask your child to hold the inhaler as it is show in figure A, B or C

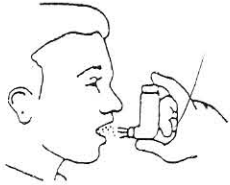
Breathe in Slowly

4. As child starts breathing in slowly through the mouth, ask your child to press down on the inhaler once
5. Ask your child to keep breathing in slowly and deeply and hold breath if possible

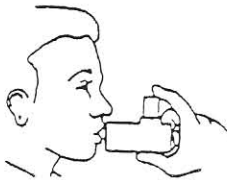
Hold Breath

6. Ask your child to hold breath for 10 seconds if possible
7. For inhaled quick relief medications wait about one minute between puffs. There is no need to wait between puffs for other medications

A. Hold inhaler 1 to 2 inches in front of your mouth (about the width of two fingers).



B. Use a spacer/holding chamber. These come in many shapes and can be useful to any patient.



C. Put the inhaler in your mouth. Do not use for steroids.



Clean The Inhaler As Needed

Look at the hole where the medicine sprays out from the inhaler. If you can see powder in or around the hole clean the inhaler. Remove the metal canister from the L-shaped plastic mouth piece. Rinse only the mouth piece and cap in warm water. Let them dry overnight.

Know When To Replace The Inhaler

For daily medications the medicine will run out after number of puffs in canister/number of puffs. For example if you use 2 puffs twice a day = 4 puffs a day and the canister has 200 puffs, the medication will run out after 50 days (200/4). For medications that your child takes as needed you need to write down every puff. Putting the canister in water to see if it is empty does not work very well.