



Metered-dose Inhaler Technique Checklist for School Nurses

Student's Name: _____ School Year: _____

Key Steps in MDI Technique	Date of Evaluation	X = Good Technique ? = Needs Improvement			
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1. Remove cap, hold upright, shake inhaler.					
2. Breathe out.					
3. Actuate (press) inhaler once at the start of inhalation.					
4. Inhale slowly, take 3-5 seconds.					
5. Hold breath for count of 10.					
6. Wait 1 minute before repeating 2nd puff.					
Initials of evaluator					