



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					
		-	-	-	-	-	-
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							