

ROTAHALERS

SKILL VALIDATION TOOL FOR HEALTH OFFICE STAFF

NAME: _____

SCHOOL: _____

OBSERVED BY: _____

DATE OBSERVED: _____

Rotahalers (Dry Powder)	YES	NO
1. Describe the benefits of a rotahaler		
a. do not need spacer		
b. can get all the medicine		
c. no propellant		
2. Using the rotahaler		
a. stand up		
b. hold the rotahaler upright (so the light colored end is up)		
c. turn the light colored end as far as it goes. Push the clear end of a rotacap capsule into the hole until it is level with the top of the hole.		
d. hold the rotahaler level with the white dot on top		
d. keep it level as you turn the light colored end as far as it goes. This will open the capsule		
e. take a breath and breathe out		
f. keeping the rotahaler level, put the darker colored end in your mouth between your lips and teeth		
g. seal lips tightly around mouthpiece		
h. inhale deeply through the mouthpiece with steady force		
i. you will hear a click and feel a puff of medicine. Do not stop inhaling until you have taken a full deep breath		
j. breathe in as quickly and as deeply as you can		
k. hold your breath for 10 seconds and then breathe out		
l. after each use, open the rotahaler and throw away the loose capsule		
4. Describe how to clean the rotahaler: take the rotahaler apart and wash it in warm soapy water twice a week or more often if needed. Rinse. Dry completely before using.		
5. Document the treatment and the education in the appropriate record (SHOAR)		

Demonstrated Competency YES NO