Fort Drum Medical Activity

PURPOSE: Medication can be given in many forms. One way is to inhale your medication in aerosol form. The aerosol medication will help your child breathe easier. Advantages to aerosol medication are:

1. The medication works quickly.
2. The medication goes directly to the lungs.

EQUIPMENT:

1. Air Compressor (This equipment will be brought to your home by a Durable Medical Equipment (DME) company used by TriCare (IGP Medical)). A nurse or Respiratory Therapist can help make these arrangements for you.
2. Hand Held Nebulizer with mask or mouthpiece. (The DME company will supply these devices.)
3. Medication (Your doctor will give you a prescription for your medication. The medication can be obtained from our pharmacy.)

PROCEDURE:

1. This medication will be placed in a container (called a Hand Held Nebulizer) that is powered by an air compressor. The air compressor makes the medication into a fine spray which can be inhaled (breathed in) by your child through a mouthpiece. Some children will have to use a mask that fits over their nose and mouth. The treatments do not hurt. Some children may become scared and start to cry. You should reassure and comfort your child while continuing the treatment. Your doctor will tell you how many times during the day you should give your child his/her treatment.
2. Your doctor will tell you how much medication you should use for your child. Please read the enclosed handout that describes your child's medication.
3. To place the medication into your child's Hand Held Nebulizer, you should:
   A. Unscrew the cap.
   B. Put the mask or mouthpiece on the nebulizer cap.
   C. Put the medication into the nebulizer cup.
   D. Screw the cap onto the nebulizer cup.
   E. Attach the long nebulizer tubing to the bottom of the nebulizer cup. Attach the other end to the air compressor outlet port.
4. The child should be told to breath in and out through his/her mouth. When the child is taking his/her nebulizer treatment right, the mist will disappear when he/she breaths in. The mist will be seen again when the child breathes out. It may be necessary for the child to wear a clip on his/her nose as a reminder to breathe through his/her mouth. The child should sit in an upright position. The aerosol therapy treatment should last 10-15 minutes. If you must stop an aerosol therapy treatment, turn off the air compressor. If child adapts to you holding the hand held nebulizer and mask rather than having he mask and strap over his/her head. You must keep the mask within 1 inch of the mouth and nose for the treatment to be effective.
5. Encourage your child to take slow deep breaths. You must encourage your child to cough after each aerosol therapy treatment.
6. You must clean your equipment after each use. (Please read the enclosed handout for specific cleaning instructions.)

Adapted from: Children's Hospital Medical Center, Cincinnati, Ohio
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