**ACT: Assess, Choose, and Train**

Ask the patient to breathe out comfortably and lift their chin up before trying each of the following inhalation manoeuvres:  

- **SLOW and STEADY**—can the patient take a slow, steady breath in over 3–5 seconds?  
- **QUICK and DEEP**—can the patient take a quick deep breath in within 2–3 seconds?

If unsure after observing the patient, consider the use of training devices to assess inspiratory ability.

**Assess**

Can perform **SLOW and STEADY**

Can perform **QUICK and DEEP**

**Choose**

Consider a pMDI, SMI, or BAI  
Consider a DPI

**Environmental impact:** Consider prescribing a low carbon footprint device, but remember the ‘greenest’ inhaler is the inhaler device that the patient can and will use.

**Train**

Teach inhaler technique

If proficient: use your own placebo inhaler to train and provide patients with links to videos and refer to proficient healthcare professional.

If not proficient: use videos to train and refer to proficient healthcare professional.

**Seven steps for correct inhaler technique**

1. **Preparation:**
   - check dose counter (where present)  
   - shake inhaler, if applicable

2. **Priming:**
   - prime the device ready for use  
   - open inhaler/remove cap

3. **Exhaling:**
   - exhale gently away from the mouthpiece

4. **Mouth:**
   - place mouthpiece in mouth, tilt the chin, and close lips around the mouthpiece to form a tight seal

5. **Inhalation:**
   - slow and steady—pMDI/SMI/BAI  
   - quick and deep—DPI

6. **Breath holding:**
   - remove inhaler from mouth and hold breath for up to 5 seconds

7. **Closing and repeating:**
   - close inhaler/replace cap  
   - repeat as necessary.

Select required drug once inhaler device has been chosen, in line with local formulary.

If you and the patient are both happy, prescribe the drug and device.

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[A] If the patient can perform both inhalation manoeuvres, choose according to patient preference.

[B] Examples of training devices that can be used to assess inspiratory ability are: AIM machine, Clip-Tone, Flo-Tone, In-Check DIAL inspiratory flow meter, placebo whistles.

[C] Training videos developed by the UK Inhaler Group (UKIG) can be found on the Asthma UK website: [www.asthma.org.uk/advice/inhaler-videos](http://www.asthma.org.uk/advice/inhaler-videos) and RightBreathe: [www.rightbreathe.com](http://www.rightbreathe.com)

BAI=breath-actuated inhaler; DPI=dry powder inhaler; pMDI=pressurised metered dose inhaler; SMI=soft mist inhaler