**Providers United For Improving Inhaler Technique (PUFIIT SCALE)**

**DATE:** _____

**SCORE (circle one)**

## Metered-Dose Inhaler Assessment

| | | |
|---|---|---|
| 1) Patient removes the cap | 1 | 0 |
| 2) Patient holds the canister upright | 1 | 0 |
| 3) Patient shakes the inhaler | 1 | 0 |
| 4) Patient stands/sits upright with neck straight or tilted back | 1 | 0 |
| 5) Patient exhales normally | 1 | 0 |
| 6) Patient closes lips completely around the mouthpiece before actuating inhaler or holds the inhaler 2-4 cm. away from mouth if using "open" mouth technique | 1 | 0 |
| 7) Patient begins to breathe in slowly and then actuates the inhaler | 2 | 0 |
| 8) Patient continues to breathe in slowly and deeply (over 3-5 seconds) | 2 | 0 |
| 9) Patient holds breath for at least 5-10 seconds | 2 | 0 |
| 10) Patient waits for at least 30-60 seconds before second actuation | 2 | 0 |
| 11) Patient only uses one actuation per inspiration | 1 | 0 |
| Total: | | |

## Metered-Dose Inhaler With Spacer Assessment

| | | |
|---|---|---|
| 1) Patient removes the cap and connects spacer properly | 1 | 0 |
| 2) Patient holds the canister upright | 1 | 0 |
| 3) Patient shakes the inhaler and spacer together | 1 | 0 |
| 4) Patient stands/sits upright with neck straight or tilted back | 1 | 0 |
| 5) Patient exhales normally | 1 | 0 |
| 6) Patient closes lips completely around the mouthpiece | 1 | 0 |
| 7) Patient begins to breathe in slowly and then actuates the inhaler | 2 | 0 |
| 8) Patient continues to breathe in slowly and deeply (over 3-5 seconds); You should not hear a whistling sound if spacer has an inspiratory whistle | 2 | 0 |
| 9) Patient holds breath for at least 5-10 seconds | 2 | 0 |
| 10) Patient waits for at least 30-60 seconds before second actuation | 2 | 0 |
| 11) Patient only uses one actuation per inspiration | 1 | 0 |
| Total: | | |

## Dry Powdered- Inhaler Assessment

| | | |
|---|---|---|
| 1) Patient removes the cover | 1 | 0 |
| 2) Patient loads a single dose properly | 1 | 0 |
| 3) Patient exhales normally | 1 | 0 |
| 4) Patient closes lips completely around the mouthpiece | 2 | 0 |
| 5) Patient breathes in forcefully and deeply | 2 | 0 |
| 6) Patient holds breath for at least 5-10 seconds | 2 | 0 |
| 7) Patient waits for at least 30-60 seconds before second actuation | 1 | 0 |
| Total: | | |

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