

### Diabetes pens:

- Pick correct pen with type of insulin (insulin is not interchangeable between brands)
  - Humulin line = Luxura; Novolin line = Novolin Pen; Sanofi insulin = ClikSTAR Pen
  - Just match brand name on insulin vials to the pen
- Pick an injection site (fastest absorption abdomen > back of arms > outer thighs > upper buttocks)
  - Rotate injection sites daily within that area to prevent fatty lumps from forming
  - Avoid injection within 2-inch area around belly button, and don't inject into scar tissue
- For each new cartridge, dial up a couple of units to ensure that insulin is "primed" or "loaded"
- Try shortest and thinnest gauge needle (4 mm, 32G first); pinching of skin prior to injection not necessary
  - Needles are interchangeable EXCEPT NovoTwist needles
  - Only use once, and dispose in sharps container
- Soap and water sufficient to clean skin (alcohol not needed)
- If insulin is a suspension, it needs to be "shaken" (by rolling insulin in hands or moving in an up/down motion)
- Inject at a 90° angle and hold for 10 seconds
- Remove insulin cartridge (from pen) if it has been > 28 days from first use, expired, discolored, or empty

### Other resources for counselling stations:

- Doctor Requests / Recommendations
- Physical assessment checklists (check Appendix VI)

Twisthaler	<ul style="list-style-type: none"> <li>• Twist cap counter-clockwise to remove – DOSE IS ALREADY LOADED and ready to use</li> <li>• Breathe in <b>fast and deep</b></li> <li>• Twist clockwise to close cap until a “click” is heard (this LOADS THE NEXT DOSE)</li> </ul> <p><u>CARE:</u> clean mouthpiece using dry cloth/tissue</p>
Respimat	<p><u>ASSEMBLY:</u> with cap closed, press safety catch to remove clear base of inhaler. Push narrow end of med cartridge into inhaler as far as it will go. Place inhaler upright on flat surface and push finger down on cartridge (to go all the way in). Put clear base back into place. Once assembled, do not take apart.</p> <ul style="list-style-type: none"> <li>• Prime 3 times before use (i.e. twist 3 times)</li> <li>• TOP (turn, open, press): <ul style="list-style-type: none"> <li>○ Turn: with cap closed, turn base a half-turn in direction of black arrow until it clicks.</li> <li>○ Open: cap until it snaps fully back</li> <li>○ Press: dose release button while taking a <b>slow, deep breath</b> and continue to breathe in</li> </ul> </li> <li>• Make sure not to cover air vents with fingers</li> </ul> <p><u>CARE:</u> wipe mouthpiece inside and out with a damp cloth (once a week)</p>
Breezhaler	<ul style="list-style-type: none"> <li>• Pull cap off and tilt mouthpiece to open inhaler; place capsule in chamber &amp; close until it “clicks”</li> <li>• Press both buttons once and release to pierce capsule</li> <li>• Breathe in <b>rapidly and slowly</b>. Repeat inhalation to ensure entire capsule is inhaled</li> </ul> <p><u>CARE:</u> wipe mouthpiece with dry cloth/tissue</p>
Handihaler	<ul style="list-style-type: none"> <li>• Open lid and mouthpiece, place capsule in centre chamber, and close mouthpiece until it “clicks”</li> <li>• Press green button once and release to pierce capsule</li> <li>• Breathe in <b>slowly and deeply</b>. Repeat inhalation to ensure entire capsule is inhaled</li> </ul> <p><u>CARE:</u> open lid, lift up mouthpiece and piercing button to open base; rinse with warm water; air dry</p>
Ellipta	<ul style="list-style-type: none"> <li>• Breathe in <b>long, steady, and deep</b> breath</li> </ul> <p><u>CARE:</u> when ready to use, peel back lid to open foil tray. Write “TRAY OPENED” and “DISCARD” (6 weeks from date tray is opened) dates on inhaler. Mouthpiece can be cleaned with dry cloth/tissue</p>
Genuair	<ul style="list-style-type: none"> <li>• Press green button once (should be facing patient) and release (check color control window is green)</li> <li>• Breathe in <b>strongly and deeply</b>, and continue breathing even after you hear a “click”</li> <li>• Check color control window is red, if not repeat inhalation</li> </ul> <p><u>CARE:</u> wipe mouthpiece with dry tissue/cloth</p>
Nebulizer	<ul style="list-style-type: none"> <li>• Ensure nebulizer is plugged in, and attach tubing to air outlet</li> <li>• Unscrew top of medication cup, fill it with dose, and screw on the top</li> <li>• Turn on compressor and ensure medication is misting</li> <li>• Place mask on face our mouthpiece in mouth and <b>breathe in and out slowly</b> through mouth</li> </ul> <p><u>CARE:</u> wash mask and nebulizer medication chamber in warm, soapy water; air-dry before use</p>

Nasal spray: info from CTMA pg. 193

- **Shake well** if medication is suspension
- With your head upright but not tilted backward, press your finger against one side of your nose to close the nostril
- Spray the medication into the open nostril, with the tip directed away from the middle of the nose and back towards the nostril cavity, and breathe in slowly through the nose
- Remove nasal spray from nostril and breathe out through the mouth
- Repeat on other side (nostril) and then blow nose in 3-5 mins

Eardrops: info from CTMA pg. 165

- Warm eardrops to body temperature by holding the bottle in your hands for a few minutes
- **Shake well** if medication is suspension
- Tilt your head or lie on your side so the ear you are treating is facing up, then straighten the ear canal
  - Adults and children > 3 yo: gently pull the top of the ear up and back
  - For children < 3 yo: gently pull the top of the ear down and back
- Hold the dropper above the ear and place the prescribed number of drops into the ear, and stay in the same position for 3-5 minutes after using the drops
- Wait 5-10 mins before putting drops in the second ear (as you would have to tilt your head the other way)

Transdermal Patch:

- Wash hands before and after applying (but do not use soap)
- Leave patch in packet/foiled pouch, until you are ready to apply it; DO NOT CUT PATCH
- Apply to dry, non-hairy, clean, non-irritated (no cuts, scrapes, pimples, etc) skin areas
- Remove old patch (press adhesive sides together to stick and dispose safely) and replace with new patch (if appropriate) on a different site (rotate sites to prevent irritation and impaired absorption; can re-use sites in a week)

Inhalers: info from The Lung Association documents posted on Connect

- Breathe out before placing mouthpiece in mouth
- Hold breath for 5-10 seconds before breathing out again
- Wait 1 minute between doses
- **Rinse mouth** (and face if using face mask) if using a steroid

MDI	<ul style="list-style-type: none"><li>• <b>Prime inhaler</b> before first use or if it's been dormant</li><li>• <b>Shake</b> inhaler (except QVAR or Alvesco)</li><li>• Breathe in <b>slowly and deeply</b> as you depress the canister</li></ul> <p><u>CARE:</u> remove med canister from plastic casing &amp; wash casing with warm, soapy water (once a week)</p>
MDI with spacer or face mask	<ul style="list-style-type: none"><li>• Same preparation as above (<b>prime and shake</b>)</li><li>• With spacer/face mask on, breathe out, depress canister into spacer, and breathe in <b>slowly &amp; deeply</b></li></ul> <p><u>CARE:</u> wash plastic casing of MDI (remove med canister) &amp; spacer/face mask with warm, soapy water</p>
Diskus	<ul style="list-style-type: none"><li>• Keep device horizontal, push thumb grip open and slide lever until "click" is heard</li><li>• Breathe in <b>quickly, deeply, and steadily</b></li></ul> <p><u>CARE:</u> wipe mouthpiece with dry cloth/tissue. Store in dry place (away from heat/sun) and keep thumb grip closed until ready to use</p>
Turbuhaler	<ul style="list-style-type: none"><li>• Twist cap counter-clockwise to remove; then turn colored base as far as possible in one direction, and then turn back in the opposite direction until "click" is heard</li><li>• Breathe in <b>quickly and deeply</b> (FORCEFUL INHALATION)</li></ul> <p><u>CARE:</u> clean mouthpiece using dry cloth/tissue</p>

## INTERACTIVE STATIONS

### Patient Counselling

- **Introduction:** name, patient identifier, offer to counsel, explain purpose, state time factor
- **Background information:** SCHOLAR-MAC, preg/breastfeeding, what did dr tell you
- **Medication:** name (brand & generic), type/purpose, sig, supply (mitte), refills
- **Side effects:** important SES, how to manage them, what to do if they don't go away
- **Interactions:** identify and explain interactions, recommend rx/doc consult for new Rx/OTC/NHPs
- **Storage:** RT (or fridge), KOOROC, cleaning
- **Self-monitoring/follow-up:** what & when to expect, what to do if no effects, OTC/non-drug measures, phone pt
- **Conclusion:** summarize and check pt's understanding

Dosage Forms Counselling:      MAIN POINTS (*always check product insert or box for special instructions*)

Rectal Suppository:      info from IA #1 (PY1 term 2)

- If suppository is soft, hold under cool water to harden it
- Cut suppository in half **lengthwise** with a clean, single-edge razor blade
- Can use finger cot or disposable glove
- Lie on side with lower leg straightened out & upper leg bent forward towards stomach; lift upper buttock to expose rectal area
- Insert suppository (pointed end first) with your finger (can use finger cot/disposable glove) until it passes muscular sphincter of rectum (1/2 to 1 in infants, 1 in for adults) and then hold buttocks together for a few seconds
- Remain lying down for about 15 mins to avoid the suppository from coming out

Vaginal Suppository/Cream:      info from IA #1 (PY1 term 2)

- Ask woman if she is comfortable using a tampon and/or if she has used a tampon (technique is the same)
- Suggest ways of inserting: seated on a toilet; standing with one leg on toilet seat or on side of bath tub; lying down similar to rectal
- Insert applicator deep into vagina, as far as comfortable without force, then depress plunger slowly & remove applicator from vagina
- Recommend to use at bedtime to reduce vaginal leakage; also can use napkin or pad to protect clothing
- Can use these products while menstruating and pregnant (in pregnancy use lower concentrations to be safe)

Eye Drops:      info from e-CTC

- **Shake well** if medication is a suspension
- Tilt head back or lie down, keeping both eyes open, gently pull lower eyelid of the affected eye down to form a pouch
- Hold the bottle almost horizontally and bring it up to your eye from the side, holding the tip about 2.5 cm (1 in) away from the eyelid
- Look upwards by moving your eyes only and put one drop into the pouch of the lower eyelid
- Look down for several seconds, slowly release the lower lid and then gently close the eyes for 30 secs – 5 mins
- Can press gently on side of bridges of nose with thumb and index finger to help keep med from going down tear duct
- Wait 3-5 mins between drops of the same medication, 5-10 mins before applying a drop of another medication