

<b>Annex 1:</b> check list used in assessing inhaler technique
<b>Metered dose Inhaler</b>
1. Shake the inhaler and remove the cap
2. Hold inhaler upright
3. Exhale to residual volume
4. Place mouthpiece of inhaler between lips and teeth
5. Inhale slowly and simultaneously activate the canister
6. Continue slow and deep inhalation
7. Hold breath for 5-10s
8. Take inhaler out of mouth and hold breath for 5-10s
<b>Dry powder inhaler</b>
1. Prepare the inhaler before protective cap usage
2. Keep inhaler horizontal
3. Exhale to residual volume
4. Place mouthpiece between lips and teeth
<b>*Extract from (Roy, Battle, Lurslurchachai, Halm, &amp; Wisnivesky, 2001)</b>
1. Patient and medication-related factors
2. Inhale forcefully and deeply
3. Take the inhaler out of the inhalation mouth
4. Hold breath for 5s