



Nebulizers

People with severe lung disease or trouble breathing often find as their disease progresses, inhalers are not as effective as they once were. While inhalers can be convenient and easy to carry, many people experience difficulty using them due to fatigue or weakness making it difficult to inhale deeply. Those who experience confusion related to mental status changes may also have difficulty remembering the steps involved to use them effectively.

One alternative to address these challenges involves changing your medication delivery from inhalers to a machine called a nebulizer. Nebulizers are often referred to as “breathing treatments.” Nebulizers are effective in managing trouble breathing because they change the medication into small mist droplets that get the medication deep into your lungs where it’s needed most. Unlike inhalers, nebulizers do not require you to coordinate the delivery of the medication while taking a deep breath. Nebulizers are used as you breathe normally. A treatment lasts about

5-10 minutes and uses a hand-held mouthpiece or a hands-free mask.

Nebulized treatments with medications such as albuterol or albuterol with ipratropium (i.e. Duoneb) are effective alternatives to inhalers for those with advanced lung disease. Taking oral steroids such as dexamethasone or prednisone may be more effective than the steroids in inhalers and also have positive side effects of increasing your appetite and decreasing fatigue.

Questions or concerns?

Call a hospice nurse at 513-891-7700. For caregiving tips visit www.HospiceofCincinnati.org/for-the-caregiver.



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HOC NAVIGATORS

Nebulizer equipment



Mask and hand-held mouthpiece



Compressors

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