



## Nebuliser or an inhaler and spacer?

### Emergency treatment for adults and children with mild to moderate acute asthma

When you arrive at the Emergency Department, a doctor will assess the severity of your asthma and order the appropriate treatment. If you have mild to moderate asthma, do not be surprised if you are treated with an inhaler and spacer and not a nebuliser.

Most people with asthma do not need to use a nebuliser routinely. Research shows that using a reliever inhaler, usually Ventolin or Airomir, with a spacer is easier and just as effective for treating mild to moderate asthma.

#### Good news!

- ◆ Less medication and fewer side effects
- ◆ Less time in Emergency
- ◆ Works just as well as a nebuliser

#### References

Cates, CJ et al (2006). Holding chambers vs nebulisers for beta-agonist treatment of acute asthma.  
Batra (1997). No difference in outcomes.

**Take control of your asthma!**

**Call (441) 239-2027 or email [asthma.centre@bhb.bm](mailto:asthma.centre@bhb.bm) for an appointment.**