Nebulizer Care in the Home

This Web cast is supported by unrestricted educational grants from Genentech, Inc. and Gilead.
Nebulizer Care in the Home

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Why is nebulizer care important?

- Germs can contaminate your nebulizer.
- Contaminated nebulizers are a potential source of lung infection.
- Cleaning and disinfecting will remove germs from your nebulizer.
Steps for nebulizer care

- Clean
- Disinfect
- Rinse
- Air dry
Step #1: Clean
Clean
Step #2: Disinfect
Disinfecting options

Heat Methods
- Boil for 5 minutes
- Microwave for 5 minutes
- Dishwasher 158°F for 30 minutes
- Electric steam sterilizer

Cold Methods
- 70% isopropyl alcohol for 5 minutes
- 3% hydrogen peroxide for 30 minutes
Boil for 5 minutes
Microwave for 5 minutes
Dishwasher if $\geq 158^\circ F$ for 30 minutes
Electric steam sterilizer
Step # 2: Disinfect Cold Methods
Soak in 3% hydrogen peroxide for 30 minutes
Soak in 70% isopropyl alcohol for 3 minutes
Step #3: Rinse
Do not use tap water as a *final* rinse.
If using a cold method...

- After soaking, rinse with sterile water.
- These preparations will lose activity over time and optimal re-use is unknown.
Step #4: Air dry
Steps for nebulizer care

- Clean
- Disinfect
- Rinse
- Air dry
What makes a good choice?

- Easy
- Recommended by the CFF
- Permissible by the manufacturer
General recommendations

- Do not share your nebulizers.
- Careful handling of the nebulizer when putting it together and dispensing medications to prevent contamination.
- For information on the care of other respiratory care equipment, consult your CF Team.
Cleaning & Disinfecting Your Altera or eFlow Nebulizer

The Cystic Fibrosis Foundation provides the following recommendations for cleaning and disinfecting your Altera or eFlow nebulizer.

Uploaded on Apr 19, 2010
• …for watching
• Catherine O’Malley
• Rick Vasta and the technical crew
• Genentech and Gilead
• The CF Foundation