

Medication Assistance Activity Sheet: Nasal Medication


MAP Level 2 & 3: Medication Assistance Activity Sheet

This activity sheet guides unregulated health care providers when assisting with nasal medication.

check	Activity
<input checked="" type="checkbox"/>	The First Medication Safety Check is done by the regulated health care provider who verifies the completeness and appropriateness of the prescriber's order (e.g., dispensing pharmacy or nurse)
<input type="checkbox"/>	Introduce yourself and review the client's care plan/medication record for instructions
<input type="checkbox"/>	Perform hand hygiene and gather the required supplies: <ul style="list-style-type: none"> • nasal medication • disposable pad, towel, facial tissues • other items as per care plan: e.g., Personal Protective Equipment (PPE)
<input type="checkbox"/>	Perform the Second Medication Safety Check : <ul style="list-style-type: none"> • check for allergies and alerts on the medication label and care plan/medication record • check the expiry date and/or beyond use date of the medication • check & compare the medication rights* on the medication label and care plan/medication record • report any discrepancies or incorrect/unclear information to the supervisor immediately; do not proceed until concerns are resolved
<input type="checkbox"/>	Prepare the medication according to instructions on the care plan/medication record <ul style="list-style-type: none"> • perform hand hygiene • check that the medication container is not cracked or leaking. Visually inspect the contents for particles or discoloration (when able) • verify the medication is labelled for nasal instillation • prepare medication as directed in the care plan: <ul style="list-style-type: none"> ○ warm medication container in the palm of hand ○ gently agitate/mix liquid medication before use by rolling between palms
<input type="checkbox"/>	Perform the Third Medication Safety Check : <ul style="list-style-type: none"> • identify the client using two (2) unique client identifiers • explain the activity to the client • check the medication rights* comparing the medication label and care plan/medication record
<p>* Medication rights: right client, right medication, right time, right dose, right route, right documentation, right of refusal. Unregulated health care providers are not required to know the "right reason" when providing medication assistance as directions on the care plan are followed.</p>	
<input type="checkbox"/>	Provide MAP Level 2 or 3 assistance as per the care plan, including: <ul style="list-style-type: none"> • don PPE as required • if directed in the care plan, instruct the client to gently blow their nose to clear secretions • position the client for medication assistance as directed on the care plan (e.g., laying down with head tilted back or to the side, or seated upright) • instruct the client as directed in the care plan (e.g., to inhale during procedure, hold breath briefly, or to remain in position for 5 minutes and breathe from mouth) • use a facial tissue to remove excess solution
<input type="checkbox"/>	Complete the activity: <ul style="list-style-type: none"> • discard used supplies and clean reusable equipment (if used) • perform hand hygiene • complete documentation • report observations as instructed on the care plan, or issues/concerns to the supervisor



Tips

Nasal drops		Nasal spray	
<ul style="list-style-type: none"> With the client positioned as directed in the care plan (e.g., lying down with head tilted back or to one side): <ul style="list-style-type: none"> Use the non-dominant hand to press back gently on the tip of the nose to open the nares Instruct the client to breathe through the mouth Position the tip at the opening of the nares Instill the number of drops required Direct the drops toward the septum (tissue inside middle of nose) but take care not to touch this with the tip of the medication container 		<ul style="list-style-type: none"> Remove cap from the nozzle and place on a clean work surface With the client positioned as directed in the care plan (e.g., seated upright with head in neutral position) <ul style="list-style-type: none"> Block one nostril by pressing a finger against the side of the nose gently Insert the tip of the nozzle just inside the other nostril, but do not touch the sides or the septum (middle of nose) Direct the spray toward the back and side of nose, while asking the client to inhale through the nose with the mouth closed, then to exhale through the mouth Ask the client to sniff vigorously several times If directed on the care plan, repeat for the other side Client should not blow nose for 15 minutes following medication instillation 	
Bulb dropper	Squeeze bottle	 <p>Attribution: Nasal Spray (Spray Into Nostril) by BruceBlaus, CC BY-SA 4.0 https://creativecommons.org/licenses/by-sa/4.0, via Wikimedia Commons. Cropped to shape.</p>	
<ul style="list-style-type: none"> Loosen the cap before positioning the client Remove the dropper from the medication container and squeeze the bulb to get rid of the air Put the dropper back into the bottle and release the bulb to allow the medication to fill the dropper Remove the dropper and squeeze the bulb to instill drops 	<ul style="list-style-type: none"> Remove the cap and place it upside down on a clean surface before positioning the client Squeeze the bottle to instill the correct number of drops 		
<ul style="list-style-type: none"> Place the date the medication is opened on the label and use by the “best before” date or expiry date 			

References:

- Nasal spray instillation (2022, May 19). *Lippincott Procedures*. <https://procedures-lww-com.ahs.idm.oclc.org/lnp/home.do?setCookie=2948>
- Nose drop instillation (2022, May 19). *Lippincott Procedures*. <https://procedures-lww-com.ahs.idm.oclc.org/lnp/home.do?setCookie=2948>

Note: When providing MAP Level 1 (reminder), the unregulated health care provider does not handle or prepare medication for the client. Therefore, they do not perform the medication rights or perform safety checks.