

☐ Pre-SAAM ☐ Visit 1
☐ Post-SAAM ☐ Visit 3

Performed by: ☐ Self
☐ Caregiver

PARTICIPANT ID HERE

Self-Administration of Asthma Medication (SAAM) Checklist

Metered Dose Inhaler (MDI*) with Spacer			
Basic Knowledge and Skills	Yes	No	N/A
1. Removes MDI cap			
2. Looks at MDI spray hole and removes anything in the way of the spray hole			
3. Shakes MDI			
4. Attaches spacer to MDI			
5. Primes (pre-sprays) MDI**			
6. Breathes out			
7. Places spacer in mouth with lips sealed around mouthpiece			
8. If using a mask, makes sure mask is sealed around the mouth and the nose. <i>If participant is not using a mask, then check "N/A" for this item</i>			
9. Actuates (presses) inhaler once at the start of inhalation and breathes in slowly			
10. If the spacer whistles, breathes in slower. <i>If spacer does not whistle, then check "N/A" for this item</i>			
11. Breathes in deeply			
12. Holds breath several seconds			
13. Waits about one minute before starting second puff			
14. Repeats steps 5–10 for second puff			
15. Rinses mouth with water			
16. Spits water out			
<p>* Examples of MDIs include Pro Air, Proventil, Ventolin, Xopenex, Symbicort, Alvesco, QVAR, and Dulera. Inhalers labelled "HFA" are also MDIs (see link below). http://www.nationaljewish.org/healthinfo/medications/lung-diseases/devices/metered-dose/hfa-propellant/</p> <p>** Instructions for priming (spraying without putting MDI in the mouth) for different types of inhalers can be found on this site: http://www.pamf.org/asthma/medications/n1062%20HFA%20Inhaler%20HO.pdf</p>			

Scoring of Metered Dose Inhaler (MDI) with Spacer section:

Passing is demonstrating at least 5 of 6 critical steps (**in bold and shaded**) on the initial assessment and all 6 after correction. The other steps should be checked and reinforced for teaching purposes.

See video demo on the CDC website: http://www.cdc.gov/asthma/inhaler_video/default.htm

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Self-Administration of Asthma Medication (SAAM) Checklist

Metered Dose Inhaler (MDI*) in mouth			
Basic Knowledge and Skills	Yes	No	N/A
1. Removes MDI cap			
2. Looks at MDI spray hole and removes anything in the way of the spray hole			
3. Shakes MDI			
4. Primes (pre-sprays) MDI**			
5. Breathes out			
6. Places MDI in mouth with lips sealed around mouthpiece			
7. Actuates (presses) inhaler once at the start of inhalation and breathes in slowly			
8. Breathes in deeply			
9. Holds breath several seconds			
10. Waits about one minute before starting second puff			
11. Repeats steps 5–10 for second puff			
12. Rinses mouth with water			
13. Spits water out			
<p>* Examples of MDIs include Pro Air, Proventil, Ventolin, Xopenex, Symbicort, Alvesco, QVAR, and Dulera. Inhalers labelled “HFA” are also MDIs (see link below). http://www.nationaljewish.org/healthinfo/medications/lung-diseases/devices/metered-dose/hfa-propellant/</p> <p>** Instructions for priming (spraying without putting MDI in the mouth) for different types of inhalers can be found on this site: http://www.pamf.org/asthma/medications/n1062%20HFA%20Inhaler%20HO.pdf</p>			

Scoring of Metered Dose Inhaler (MDI) in mouth section:

Passing is demonstrating at least 4 of 5 critical steps (**in bold and shaded**) on the initial assessment and all 5 after correction. The other steps should be checked and reinforced for teaching purposes.

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Self-Administration of Asthma Medication (SAAM)

Checklist

Metered Dose Inhaler (MDI*) with Spacer and Mask			
Basic Knowledge and Skills	Yes	No	N/A
1. Removes MDI cap			
2. Looks at MDI spray hole and removes anything in the way of the spray hole			
3. Shakes MDI			
4. Attaches spacer and mask to MDI			
5. Primes (pre-sprays) MDI**			
6. Breathes out			
7. Places mask on face, making sure mask is sealed around the mouth and the nose.			
8. Holds the mask in place and actuates (presses) inhaler once at the start of inhalation and breathes in slowly			
9. Holds the mask in place while taking six normal breaths (including inhalation and exhalation)			
10. If the spacer whistles, breathes in slower. <i>If spacer does not whistle, then check "N/A" for this item</i>			
11. Removes mask from face			
12. Waits about one minute before starting second puff			
13. Repeats steps 6–12 for second puff			
14. Rinses mouth with water			
15. Spits water out			
<p>* Examples of MDIs include Pro Air, Proventil, Ventolin, Xopenex, Symbicort, Alvesco, QVAR, and Dulera. Inhalers labelled "HFA" are also MDIs (see link below). http://www.nationaljewish.org/healthinfo/medications/lung-diseases/devices/metered-dose/hfa-propellant/</p> <p>** Instructions for priming (spraying without putting MDI in the mouth) for different types of inhalers can be found on this site: http://www.pamf.org/asthma/medications/n1062%20HFA%20Inhaler%20HO.pdf</p>			

Scoring of Metered Dose Inhaler (MDI) with Spacer section:

Passing is demonstrating at least 5 of 6 critical steps (**in bold and shaded**) on the initial assessment and all 6 after correction. The other steps should be checked and reinforced for teaching purposes.

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Self-Administration of Asthma Medication (SAAM) Checklist

Dry Powder Inhaler (DPI*)			
Basic Knowledge and Skills	Yes	No	N/A
1. Removes DPI cap or cover (as needed)			
2. Loads a dose into the DPI according to loading instructions**			
3. Breathes out fully with mouth directed away from DPI mouthpiece			
4. Places DPI in mouth with lips sealed around the mouthpiece			
5. Breathes in quickly			
6. Breathes in deeply			
7. Holds breath several seconds			
8. (If medication prescription is for two doses) Repeats the above steps for second dose after loading second dose according to loading instructions. <i>If medication prescription is for 1 dose, then check "N/A" for this item</i>			
9. Rinses mouth with water			
10. Spits water out			
*Examples of DPIs include Asmanex, Flovent, Pulmicort, Advair, Foradil, Serevent, and Spiriva (Note: Flovent and Advair are also available as MDIs). ** DPI loading instructions for different types of inhalers can be found on this site: http://www.nationaljewish.org/healthinfo/medications/lung-diseases/devices/dry-powder/			

Scoring of DPI section:

Passing is demonstrating at least 4 of 5 critical steps (**in bold and shaded**) on the initial assessment and all 5 after correction. The other steps should be checked and reinforced for teaching purposes.

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Self-Administration of Asthma Medication (SAAM) Checklist

Small Volume Nebulizer (SVN)			
Basic Knowledge and Skills	Yes	No	N/A
1. Places the compressor close to its power source and where the ON/OFF switch can be reached			
2. Washes hands prior to the treatment			
3. Assembles nebulizer cup, mouthpiece (or mask), and tubing according to directions			
4. Adds the correct dose of medication to the nebulizer			
5. Connects the air tubing from the compressor to the nebulizer base			
6. Turns the compressor on and then checks the nebulizer for misting			
7. Sits in an upright position			
8. Puts the mouthpiece in mouth between the teeth and closes lips around it, or places the mask securely over nose and mouth			
9. Keeps the nebulizer body in a vertical position, and the mouthpiece in the mouth or the mask in place, throughout the treatment			
10. Breathes normally through the mouth with occasional deep breaths until the onset of inconsistent nebulization (i.e. until sputtering is heard)			
11. Discontinues the treatment, uses water and liquid dish soap to wash all parts of the nebulizer (except tubing) and then rinses with water			
12. Knows that once or twice a week, all parts of the nebulizer (except tubing) are to be soaked for 1 hour in a solution of 1 part distilled white vinegar and 3 parts hot water, then rinsed in water			
13. After the parts are dry, stores the nebulizer in a closed plastic bag			
Instructions for assembling the nebulizer and air compressor, taking the nebulized treatment, and care and cleaning of nebulizer equipment and compressor can be found at this site: https://www.nationaljewish.org/healthinfo/medications/lung-diseases/devices/nebulizers/instructions/			

Scoring of SVN section:

Passing is demonstrating at least 4 of 5 critical steps (**in bold and shaded**) on the initial assessment and all 6 after correction. The other steps should be checked and reinforced for teaching purposes.