

Observation checklist for Sayana[®] Press self-injection practice

This document is intended for use with the PATH Sayana Press self-injection training materials available at: <http://sites.path.org/rh/?p=436>.

Client _____

Date _____

This checklist helps prepare clients for Sayana Press self-injection by evaluating their injection practice.

Give the client the self-injection instruction booklet to use as a guide while she is practicing and giving herself the injection.

- The first five observation columns are for client practice on an injection model (e.g., a sugar- salt-, or cotton-filled condom). Clients should practice as many times as needed to achieve injection competence—it could be more or less than five times.
- The sixth observation column (SI) is for client self-injection.
- For each practice attempt, write S (satisfactory), U (unsatisfactory), or ND (not done) in the box for each step.
- After each practice injection, circle any of the **5 critical steps highlighted in bold** that the client did NOT do correctly. Then review those steps with the client before her next practice injection.

Steps	Observations					
	1	2	3	4	5	SI
Step 1: Wash your hands						
Washes hands.						
Step 2: Select an injection site						
Selects an appropriate injection site and cleans it if needed.						
Step 3: Open the pouch						
Opens the Sayana Press pouch by tearing from the notch.						
Step 4: Mix the solution and check the device						
Mixes the liquid by shaking the device vigorously for about 30 seconds.						
Step 5: Activate the device by closing the gap						
Pushes the needle cap and port together to activate the device.						
Step 6: Remove the needle cap						
Removes the needle cap						
Step 7: Gently pinch the skin at the injection site						
Pinches the “skin” at the injection site to form a “tent.”						
Step 8: Insert the needle at a downward angle						
Inserts the needle completely so that the port is in full contact with the skin.						
Step 9: Press the reservoir slowly						
Presses the reservoir slowly to inject for about 5 to 7 seconds.						
Step 10: Remove the needle						
Removes the device from the injection site while still pinching the skin.						
Step 11: Discard the device						
Immediately places the used device in a sharps disposal container (e.g., a bottle or jar with a lid) without replacing the needle cap.						
In your clinical judgment, has this individual demonstrated competence to self-inject independently by performing all 5 critical steps correctly?	YES			NO		