

CLINICAL PROCEDURAL SKILLS

INJECTION TECHNIQUES

TUTOR NOTES

Duration of Session

45 Minutes

Prior Knowledge

No prior knowledge is assumed. Students will have received the Injection Techniques clinical procedural skills guidance document.

Learning Objectives

- Demonstrate the ability to undertake subcutaneous and intramuscular injections using an aseptic technique.
- Explain the contraindications to subcutaneous and intramuscular injections.
- Describe safe injection administration practice.
- Identify appropriate personal protective equipment (PPE).
- Identify appropriate equipment for administering subcutaneous and intramuscular injections.
- Identify issues surrounding potential complications and discuss appropriate actions to prevent or treat these complications.
- Describe the procedure for reporting incidents and accidents involving self, patients and others.
- Demonstrate the accurate completion of records appropriate to subcutaneous and intramuscular injections.

Equipment

- Subcutaneous and Intramuscular injections flashcards.
- Injection Techniques Tutor Notes
- Injection mannequin with subcutaneous and intramuscular injection sites
- 2ml, 5ml and 10ml syringes
- Green, Blue and Orange needles
- Saline ampoules
- PPE (Gloves, aprons, face masks)
- Alcohol swabs
- Sharps bin.

Session Plan

This session plan is for guidance purposes only

The emphasis of each section of the session should be to allow students the maximum time possible to practice the skill.

The flashcards included in these notes will be available as hard copies in the clinical procedural skill station.

5 minutes- Explain indications and usefulness of the skill.

Discuss contraindications to subcutaneous and intramuscular injections.

10 minutes- Tutor demonstrates the skill

WHEN DEMONSTRATING INJECTION TECHNIQUES- PLEASE DO NOT INJECT THE SALINE INTO THE MANNEQUIN. INSTEAD PLEASE SIMULATE THE CORRECT APPROACH.

25 minutes- Students practice the skill.

5 minutes- Summary and opportunity for questions

It is suggested to use a four-stage approach to demonstrate the skill.

Stage One: Tutor Demonstrates the Skill in "real time"

Stage Two: Tutor talks through the component parts of the skills whilst demonstrating again

Stage Three: A student talks through the skill as the tutor demonstrates for a third time

Stage Four: Students Practice the Skill



CLINICAL PROCEDURAL SKILLS

INTRAMUSCULAR INJECTION

PRE PROCEDURE

Introduce self, explain procedure and obtain consent from patient.

Perform appropriate hand hygiene and don PPE according to local protocol.

Confirm the prescription and the route of administration.

CHECK FOR PATIENT ALLERGIES.

Check the medication is intact and has not expired.

If required- draw up the medication into a syringe using aseptic technique. Some preparations come in pre-filled syringes.

PROCEDURE

Select the site of injection- Deltoid, Dorsogluteal, Vetrogluteal, Vastus Lateralis. DELTOID and VENTROGLUTEAL are preferred.

Clean the skin with an alcohol swab.

Stretch the skin 2-3cm from the intended injection site.

Angle the needle at 90 degrees and advance through the skin.

Don't aspirate if giving a "pre-loaded" vaccination

Leave 1/3 of the needle exposed.

For deep IM injection aspirate, if blood appears withdraw needle, replace and start again.

Depress plunger slowly (1ml - 10 seconds) and inject the medication. If resistance is encountered- move the needle slightly, aspirate again and resume plunger depression.

Carefully withdraw the needle and dispose of sharps in an appropriate container Dispose of the sharps immediately-
SKIN TO BIN

POST PROCEDURE

Thank the patient and explain the procedure is over.

Observe the injection site for a minimum of 15 minutes.

Perform hand hygiene and dispose of PPE in accordance with local policy.

Ensure correct documentation on the prescription to reflect administration of the medication.



CLINICAL PROCEDURAL SKILLS

SUBCUTANEOUS INJECTION

PRE PROCEDURE

Introduce self, explain procedure and obtain consent from patient.

Perform appropriate hand hygiene and don PPE according to local protocol.

Confirm the prescription and the route of administration.

CHECK FOR PATIENT ALLERGIES.

Check the medication is intact and has not expired.

If required- draw up the medication into a syringe using aseptic technique. Some preparations come in pre-filled syringes.

PROCEDURE

Select the site of injection- (lateral aspect of upper arm, lateral aspect of thigh, anterior abdominal wall not within 2cm of umbilicus)

Clean the skin with an alcohol swab.

Lift up a roll of skin

Insert needle at 90° angle.

Do not fully insert the needle

Inject the medication with a slow steady pressure

Withdraw needle quickly whilst placing a gauze swab over the site.

Dispose of the sharps immediately- **SKIN TO BIN**

Don't administer irritant injections

Don't aspirate the needle

Don't massage the site

POST PROCEDURE

Thank the patient and explain the procedure is over.

Observe the injection site for a minimum of 15 minutes.

Perform hand hygiene and dispose of PPE in accordance with local policy.

Ensure correct documentation on the prescription to reflect administration of the medication.