

Intramuscular Injections

Purpose

- To ensure all intramuscular injections are administered in line with best practise principles and in safe way that minimises the risk of complications.

Scope

- a. All Registered Nurses

Procedure

1. Correctly identify Client.
2. Explain Procedure and gain consent.
3. Hand hygiene
4. Prepare medication checking with current and legal prescription the
 - Right client
 - Right drug
 - Right dose
 - Right route
 - Right time
 - and Expiry date on medication and diluent

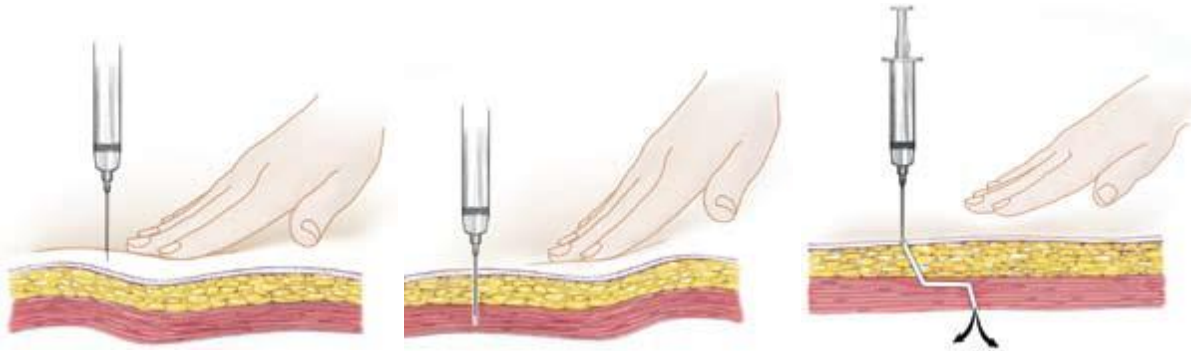
In the community setting these checks may be made with the client, caregiver or other responsible adult person if no other medical professional available.

1. Choose the appropriate site and position client comfortably in the correct position for administration of medication
2. Hand Hygiene process
3. Inform client they will feel a pricking sensation as the needle is inserted. Insert approximately ¾ of the needle through the skin, through the subcutaneous tissue into the muscle.
4. Draw back on the plunger a little to ensure it is not in a blood vessel. If blood comes back, remove the needle immediately and apply pressure to stop bleeding. Change the needle and choose another site.
5. If no blood drawn back, push down on the plunger to administer the medication. Some medications may cause pain when injected and can be injected more slowly to reduce the pain. The recommended rate for administration is 10 seconds per mL
6. Quickly and smoothly withdraw the needle at 90°
7. Place gauze with slight pressure. Do not massage unless specifically recommended for a medication
8. Monitor client for signs adverse reaction throughout procedure
9. Cover client and ensure they are comfortable
10. Advise client to move around to help absorption of the medication. Dispose of equipment and sharps as per sharps disposal policy. **Note: Do not ever recap needles.**
11. Hand hygiene

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Administration via Z track method

Procedure



Z-track IM injection method prevents leakage and decreases the chance of local irritation. Consideration must be given when choosing the ventro-gluteal site as to whether the skin can be pulled 2- 3 cm sideways

1. Stretch the skin 2 to 3 cm sideways from the injection site with the non dominant hand.
2. Pierce the skin at 90° and withdraw plunger to assess if in blood vessel. If not then depress the plunger slowly.
3. Withdraw the needle and then release the skin.

Documentation

Must include

- Client identified and consent given
- the date and time of Injection
- site chosen
- Medication and dose given
- condition of site post injection
- clients response to injection
- Any adverse effects or issues arising.
- Document date/time on medication chart.

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