

Mosby's Nursing Video Skills

Student _____

Date _____

Instructor _____

Date _____

PERFORMANCE CHECKLIST FOR ADMINISTERING AN INTRAMUSCULAR INJECTION

S	U	NP	Comments
1. Used aseptic technique. Avoided distractions and interruptions.	_____	_____	_____
2. Checked the medication label twice against the order in the medication administration record. Made sure to check the medication expiration date when retrieving the medication.	_____	_____	_____
3. Gathered the necessary equipment and supplies.	_____	_____	_____
4. Took the medication to the patient at the correct time according to agency's policy. Gave time-critical medications at the exact time specified in the order.	_____	_____	_____
5. Performed hand hygiene.	_____	_____	_____
6. Provided for the patient's privacy.	_____	_____	_____
7. Introduced self to the patient and family.	_____	_____	_____
8. Identified the patient using two identifiers according to agency policy. Compared this information to the MAR or medical record. Asked the patient if he or she has any allergies.	_____	_____	_____
9. Accessed the electronic MAR again. At the patient's bedside, again compared the MAR or computer printout with the names of the medications on the medication labels and with the patient's name.	_____	_____	_____
10. Discussed the purpose of each medication with the patient, including its action and possible adverse effects. Allowed the patient to ask questions. Told the patient that the injection may cause a slight stinging or burning sensation.	_____	_____	_____
11. Selected an appropriate injection site. Noted the integrity and size of the patient's muscle. Palpated for tenderness or hardness, and avoided such areas. If the patient receives frequent injections, rotated the site selection.	_____	_____	_____
12. Inspected the area for bruising, inflammation or edema. If the skin is bruised or shows signs of infection, used a different site.	_____	_____	_____

13. Helped the patient into a comfortable position, according to the site being used. Exposed only that portion of the body.	_____	_____	_____	_____
14. Applied clean gloves. Used anatomical landmarks to find the site again.	_____	_____	_____	_____
15. For a ventrogluteal injection:	_____	_____	_____	_____
A. Placed the heel of the hand over the greater trochanter of the patient's hip with the wrist almost perpendicular to the femur.	_____	_____	_____	_____
B. Pointed the thumb toward the patient's groin.	_____	_____	_____	_____
C. Pointed the index finger to the anterior superior iliac spine.	_____	_____	_____	_____
D. Extended the middle finger back along the iliac crest towards the buttocks.	_____	_____	_____	_____
E. Located the injection site in the center of the triangle.	_____	_____	_____	_____
F. Marked the site with an unopened alcohol wipe.	_____	_____	_____	_____
16. Cleansed the site with an antiseptic swab.	_____	_____	_____	_____
17. Held a gauze pad between the third and fourth fingers of nondominant hand.	_____	_____	_____	_____
18. Removed the needle cap or protective sheath.	_____	_____	_____	_____
19. Held the syringe between the thumb and forefinger of dominant hand.	_____	_____	_____	_____
20. Remind patient to try and relax.	_____	_____	_____	_____
21. Administered the injection:	_____	_____	_____	_____
A. Positioned the ulnar side of nondominant hand just below the injection site, and pulled the patient's skin laterally 2.5 to 3.5 cm. Held this position until needle is inserted.	_____	_____	_____	_____
B. If the patient has little muscle mass, grasped the body of the muscle between thumb and forefinger.	_____	_____	_____	_____
C. With dominant hand, quickly pierced the muscle at a 90-degree angle.	_____	_____	_____	_____
D. After the needle has pierced the muscle, continued to pull the skin taught with nondominant hand. Stabilized the syringe by grasping the lower end of the barrel with the fingers of nondominant hand as they are resting on the patient.	_____	_____	_____	_____
E. Attempted to aspirate by pulling back on the plunger with dominant hand. If blood appears, removed and discarded the needle and syringe and started over.	_____	_____	_____	_____
F. If no blood appears, injected the medication at	_____	_____	_____	_____

a rate of 1mL/10 sec.

G. Waited 10 seconds, and then smoothly and steadily withdrew the needle. Engaged the needle safety sheath. Released the skin, and applied a gauze pad over the site.

22. Applied gentle pressure. Did not massage the site. Applied a bandage to the injection site if needed.

23. Discarded the needle and its attached syringe in a puncture-proof, leak-proof container.

24. Helped the patient into a comfortable position. Disposed of used gauze. Removed gloves, and performed hand hygiene.

25. Documented the injection immediately in the MAR. Included the medication name, the dosage given and the site in which it was injected.

26. Stayed with the patient for several minutes, observing for any allergic reaction.

27. Placed toiletries and personal items within reach.

28. Placed the call light within easy reach, and made sure the patient knows how to use it to summon assistance.

29. Raised the appropriate number of side rails and lowered the bed to the lowest position.

30. Left the patient's room tidy.

31. Returned to the patient's room in 15-30 minutes to see if he or she has had any acute reaction at the injection site.