

Venepuncture Tutorial

Date

Registration Number	Name
1.	
2.	
3.	
4.	
5.	
6.	

*No more than 6 members per group (Additional names will NOT be considered)

Today you will be guided on how to carry out venepuncture in an aseptic and professional manner.

- i) Your main objective as a group is to **withdraw venous blood** from at least one member of your group and fill the blood collection tube(s) with the correct amount of blood. (___/15 Marks).
- ii) Your 2nd and final objective will be to **separate the collected venous blood** into its various components [450µL of each component]. (___/15 Marks)

Venepuncture Procedure

Introduce yourself to the patient including your name and role.

Confirm the patient's name and date of birth.

Briefly explain what the procedure will involve using patient-friendly language.

Gain consent to proceed with venipuncture.

Check if the patient has any allergies (e.g. latex).

Adequately expose the patient's arms for the procedure.

Position the patient so that they are sitting comfortably. If a bed is available, the patient can lay down for the procedure.

Ask the patient if they have any pain before continuing with the clinical procedure.

Choosing an arm

1. Choose an arm to perform venipuncture on:

You should ask the patient if they have a preference.

Choosing a vein

1. Inspect the patient's arm for an appropriate venipuncture site:

The median cubital vein in the antecubital fossa is commonly used for venipuncture.

2. Position the patient's arm in a comfortable extended position that provides adequate access to the planned venipuncture site.

3. Apply the tourniquet approximately 4-5 finger-widths above the planned venipuncture site.

4. Palpate the vein you have identified to assess if it is suitable:

5. Once you have identified a suitable vein you may need to temporarily release the tourniquet, as it **SHOULD NOT** be left on for **more than 60 seconds** at a time.

6. Wash/disinfect your hands.

7. Don gloves (gloves don't need to be worn for cleaning the site, but they should always be donned prior to performing venipuncture itself).

8. Clean the site with an alcohol swab and then allow to dry completely.

Insertion of the needle

1. Re-apply the tourniquet if removed previously.

2. Attach the needle to the syringe.

3. Unsheathe the needle.

4. **Anchor the vein** from below with your non-dominant hand by gently pulling on the skin distal to the insertion site.

5. Warn the patient that they will experience a sharp scratch.

6. Insert the needle through the skin at a 30° angle or less, with the bevel facing upwards. You should see **flashback** into the needle's chamber and feel a sudden decrease in resistance as the needle enters the vein.

7. Advance the needle a **further 1-2 mm** into the vein after flashback is noted to ensure you are within the lumen.

8. Lower and anchor the needle to the patient's skin.

9. With your left hand, slightly pull back the piston till the required amount of blood is obtained into the syringe.

10. Release the tourniquet.

11. Withdraw the needle and then apply gentle pressure to the site with some gauze or cotton wool.

12. Ask the patient to hold the gauze or cotton wool in place whilst you dispose of the needle into a sharps container and expel the blood into the appropriate vacutainer(s).

13. Apply a dressing to the patient's arm (e.g. cotton wool, gauze, plaster).

14. **Gently invert** each of the vacutainers several times in order to ensure the blood mixes with the additive adequately.

15. Discard the used equipment into the appropriate clinical waste bin.

To complete the procedure...

Explain to the patient that the procedure is now complete and that they should seek review if the venipuncture site becomes painful or inflamed.

Thank the patient for their time.

Dispose of PPE appropriately and wash your hands.

Send the blood samples to the lab for analysis in an appropriate plastic leak-proof bag with the completed laboratory request form.

*Spelling is key. If the spelling is wrong, so is the answer.

- _____
- _____

- [illegible]

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

diagnosis: (5 marks)

What is meant by the Order of Draw ? (5 marks)

How does the separator get in specific vacuolaters work? (5 Marks)

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