

X Healthcare: How to Administer a Subcutaneous Injection

Policy Number: 9

Purpose: This policy outlines the procedure for administering a subcutaneous injection at X Healthcare. It ensures consistency and safety in patient care.

Scope: This applies to all healthcare professionals authorized to administer subcutaneous injections at X Healthcare facilities.

Procedure:

1. Preparation:

- Verify the medication order.
- Gather necessary supplies: medication vial or ampule, appropriate syringe and needle, alcohol wipes, gloves, gauze, sharps container.
- Perform hand hygiene and put on gloves.
- Check medication expiration date.

2. Medication Preparation:

- Clean the medication vial stopper with an alcohol wipe.
- Draw air into the syringe equal to the medication dose.
- Inject air into the vial.
- Withdraw the correct dose of medication.
- If using an ampule, break off the top and withdraw medication using a filter needle. Replace filter needle with injection needle.

3. Patient Preparation:

- Identify the patient using two identifiers.
- Explain the procedure to the patient.
- Select an injection site: abdomen, upper arm, anterior thigh. Rotate sites with each injection.
- Clean the injection site with an alcohol wipe in a circular motion.

4. Injection:

- Pinch up a fold of skin.
- Insert the needle at a 45 to 90-degree angle, depending on the amount of subcutaneous tissue.
- Inject the medication slowly and steadily.

- Withdraw the needle quickly.
- Apply gentle pressure to the injection site with gauze.

5. Post-Injection:

- Discard the syringe and needle in a sharps container.
- Remove gloves and perform hand hygiene.
- Document the medication, dose, time, and injection site in the patient's record.
- Monitor the patient for any adverse reactions.

Precautions:

- Do not inject into bruised, inflamed, or hardened areas.
- Rotate injection sites to prevent tissue damage.
- Use proper needle gauge and length for subcutaneous injections.
- Follow manufacturer's instructions for medication storage and handling.

Documentation:

- Record the date and time of administration.
- Document the medication name, dose, route, and site.
- Note any patient reactions or concerns.

Review: This policy will be reviewed annually or as needed to ensure its effectiveness and accuracy.