



Intramuscular Injection

Aim: At the end of this training session, participants should overpass the steps easily by performing the steps of the skill correctly and timely

Tools: Syringe, antiseptic swab, dry tampon, non-sterile gloves, tray, sharps container, needle, injectable medication

STEPS

1. Wash your hands
2. Introduce yourself to the patient
3. Explain the procedure to the patient
4. Observe the patient's verbal and nonverbal response towards receiving injections
5. Obtain the informed consent from the patient
6. Ensure privacy of patient
7. Give an appropriate position to the patient
8. Put on gloves
9. Check the appropriateness of the medication (drug name, dose, time, route of administration, and date of expiration for vial or ampoule)
10. Open the antiseptic swab cover
11. Pick up syringe and place needle
12. Remove cap-covering top of unused vial to expose sterile rubber seal
13. Remove needle cap
14. Insert tip of the needle with beveled tip entering first through the center of rubber seal
15. Pull back slightly on plunger to aspirate required the amount of medication
16. Pull the needle out of the vial
17. Hold syringe at a 90-degree angle at eye level, and tap barrel to dislodge any air bubbles
18. Push plunger upward to remove possible air from the syringe
19. Determine the injection site
20. Cleanse the site with an antiseptic swab (apply swab at center of site and rotate outward in a circular direction for about 5 cm)
21. Pinch the skin with forefinger and thumb of your passive hand
22. Hold the syringe between thumb and forefinger your active hand (as dart, palm down)
23. Insert the needle swiftly at a angle of 90-degrees
24. Avoid moving syringe while the needle is in the tissue
25. **Pull back on the plunger to aspirate with your passive hand slowly**
26. **Inject medication slowly**
27. **Withdraw needle while placing dry tampon over injection site smoothly and steadily**
28. **Press gently**
29. **Observe the patient's verbal and nonverbal response after the injection**
30. **Discard uncapped needle into appropriate sharps container**
31. **Discard other materials in a basket with red liner**
32. **Discard the gloves**
33. **Wash your hands**