

# Clinical Skills Training

## Intramuscular and Subcutaneous Injection

1. Wash your hands
2. Introduce yourself to the patient
3. Explain the procedure to the patient
4. Observe verbal & nonverbal response towards receiving injections
5. Check the appropriateness of the medication(drug name,dose,time,route of administration,expiration date of drug)
6. Give an appropriate position to the patient ( lie down)
7. Put on gloves
8. Remove the cap covering top of vial or break the ampoule
9. Choose appropriate needle and syringe
10. Pull back on plunger to take required amount of drug
11. Check the clarity of drug solution & remove air bubbles
12. Determine the injection site(usually gluteal muscle)
13. Cleanse the site with an antiseptic swab
14. Pinch the skin with forefinger and thumb of your passive hand
15. Hold the syringe between thumb & forefinger your active hand
16. Insert the needle swiftly at a angle of 90 degrees
17. Pull back slowly the plunger of the syringe to see blood

18. Inject slowly drug solution
19. Avoid moving syringe while the needle is in the tissue
20. Withdraw needle while placing dry tampon over injection site
21. Press gently
22. Observe the patient verbal & nonverbal response
23. Discard materials & gloves
24. Wash your hands