

Tricky Topics in Nursing

Intramuscular Injection

Narrator:

Hello. This video is about intramuscular injection. It covers the procedure from selecting an appropriate injection site, preparing the medication and patient, and administering the injection. Intramuscular injections are a method of delivering medications directly into the muscle tissue. First, introduce yourself and make sure you have the correct patient and explain what's going to happen. Review the medication prescription to confirm the drug dose, route, time, and frequency are correct. Check all the details, such as the prescriber's signature and any medication instructions.

Wash your hands and put your apron on. Gather PPE and all the equipment you'll need. Inspect the vial or ampule for any damage, discoloration, or particulates. Ensure you have the correct medication and check the expiry date. If using a multi-dose vial, clean the rubber stopper with an alcohol swab.

Draw the prescribed dose of medication into the syringe and remove any air bubbles. Confirm the patient's identity and ensure this matches the prescription. Inform the patient about the medication they're receiving, its purpose, and any potential side effects they may experience. Make sure they understand and get their consent.

Check if the patient has any allergies. When choosing an injection site, bear in mind the patient's age, muscle development, and the medication volume. Common sites include the deltoid, vastus lateralis, and the ventral gluteal muscles.

Now wash your hands again and put on gloves. Examine the injection site for any sign of inflammation, swelling, edema, or infection. Clean the site with an alcohol swab in a circular motion, starting at the center and moving outward. Allow the area to air dry.

Hold the syringe like a dart in your dominant hand and with your nondominant hand, stretch the skin just below the site. Tell the patient and then insert the needle quickly at a 90-degree angle. Leave around 1 centimeter of the needle showing. Aspirate by pulling back on the plunger to check for blood return. If no blood appears, slowly inject the medication at a rate of 1 mil per 10 seconds.

If blood appears, do not inject the medication and withdraw the needle. 10 seconds after injecting the medication, quickly withdraw the needle at the same angle it was inserted. Apply gentle pressure to the site with a gauze pad.

Dispose of the used needle into the sharps container. Assess the injection site for any adverse reactions. Place gauze over the area and apply a sticking plaster after checking the patient isn't allergic. Dispose of all waste.

Make sure the patient is comfortable and answer any questions. Wash your hands and document what you've carried out. Remember to always work to your current proficiency level, and adhere to local and national guidelines. Thanks for watching this video on intramuscular injections. We hope you found it useful.