

POLICY & PROCEDURE



TITLE: IM Injection in Adult Patient				
Scope/Purpose: To document the standard of care in administering intramuscular injections in HealthPOiNT clinics.				
Division/Department: All HealthPOiNT Providers and clinical staff			Policy/Procedure #:	
Original Date: December 23, 2013			_X_ New ___ Replacement for:	
Date Reviewed:	Date Revised:	Implementation:	CPIC Approved:	Board Approved:
		03/28/2014	03/28/2014	
Responsible Party: Director of Clinical Quality, CMO				

DEFINITIONS:

N/A

POLICY:

Intramuscular injections are administered according to established procedure in the adult patient.

PROCEDURE:

I. Guidelines

- A. **Always** check for allergies before giving any medication
- B. Check the medication order and confirm dosages, route of administration, and expiration date on the vial itself, as well at the expiration date in eCW.
- C. **NEVER** give an injection to a patient that you personally did not draw up, and do not ask someone to do the same.
- D. **Always** perform the five rights of medication administration
 1. Right patient
 2. Right route
 3. Right time
 4. Right drug
 5. Right dose

- II. Select the site of administration for the intramuscular injection. The skin surface over the area should be free of bruises, abrasions, and infection. **Determine if the size of the muscle is appropriate to the amount of medication to be injected. An average adult's deltoid muscle can usually absorb 0.5 ml of medication. The gluteus medius muscle can absorb 1ml to 5ml. However 5ml may be very painful.**

- III. Select the size of the syringe that is appropriate for the amount of solution to be injected (usually a 2ml to 3ml syringe). Select needle size based on the size of the muscle to be used, the type of solution, and the amount of adipose (fatty) tissue overlying the muscle. Large muscles in the hip area usually require a 20 to 23 gauge needle that is 1 ½ inches to 3 inches in length. The deltoid muscle requires a 23 to 25 gauge needle that is generally 5/8 to 1 inch in length.
- IV. Prepare the correct dosage and expel any excess air in the syringe.
- V. Put on gloves and position the patient for the injection.
- VI. Clean the site with antiseptic swab using a circular motion starting at the center of the site and moving outward for about 2 inches.
- VII. Use the non-dominant hand to spread the skin at the site. In some circumstances when the client is very thin the muscle may be pinched to facilitate the needle entering the muscle.
- VIII. Insert the needle into the skin at a 90 degree angle to the upper, outside quadrant of the buttock. All IM injections should be given at a 90 degree angle regardless of the muscle.
- IX. When injecting the solution do so slowly and steadily.
- X. Withdraw the needle quickly, do not recap and place in sharps container.
- XI. Apply a band-aid
- XII. Document correctly in the electronic medical record.

REFERENCES:

Advisory Committee on Immunization Practices—(ACIP)—United States, 2013

WHO best practices for injections and other related procedures toolkit. (2010, March). In *World Health Organization*. Retrieved from

http://whqlibdoc.who.int/publications/2010/9789241599252_eng.pdf

Centers for Disease Control and Prevention, 2013

POLICY/PROCEDURE TRACKING FORM (to be added as last page of each P&P for documentation of changes)

TITLE: IM Injections - Adults				
Scope/Purpose: To document the standard of care in administering intramuscular injections in HealthPOiNT clinics				
Division/Department: All Healthpoint Clinics			Policy/Procedure #:	
Original Date:			<input type="checkbox"/> New <input type="checkbox"/> Replacement for:	
Date Reviewed:	Date Revised:	Implementation:	CPIC Approved:	Board Approved:
		03/28/2014	03/28/2014	
Date of Revision	Description of Changes			