# Title: IM Injection in Adult Patient

**Scope/Purpose:** To document the standard of care in administering intramuscular injections in HealthPoint clinics.

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<thead>
<tr>
<th>Division/Department</th>
<th>Policy/Procedure #</th>
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<td>All HealthPoint Providers and clinical staff</td>
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<tr>
<th>Original Date: December 23, 2013</th>
<th>Date Reviewed: 8.4.16</th>
<th>Date Revised: 8.12.16</th>
<th>Implementation: CPIC Approved: 8.16.16</th>
<th>Board Approved:</th>
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**Responsible Party:** Director of Nursing, CMO

**Definitions:**

N/A

**Policy:**

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

**Procedure:**

**I. Guidelines**

A. Perform hand hygiene upon entering the patient room

B. **Identify** the patient when you walk into the exam room using 2 methods of identification.
   1. Patient name
   2. Date of birth

C. **Obtain** written consent for all vaccines.

D. **Provide** a Vaccine Information Sheet (VIS) to the patient prior to drawing up vaccine.

E. **Verify** any known food and drug allergies prior to administration.

F. **Confirm** the medication/vaccine order in eCW.

G. **Verify** the expiration date, stock selection, and lot number on vial then compare to eCW inventory.

H. **Label** the prepared syringe with the medication name and patient identifier BEFORE leaving the medication area.

I. **NEVER** give an injection that you did not prepare.

J. **Perform** the rights of medication administration.
   1. Right patient (using two patient identifiers)
   2. Right route (including the correct needle gauge, length and technique)
3. Right time (including the correct age and interval, as well as before the product expiration time/date)
4. Right medication or vaccine
5. Right dosage
6. Right documentation
7. Right reason
8. Right response

II. Preparation
   A. Select the site of administration for an intramuscular injection.
      i. Skin surface over the area should be free of bruises, abrasions, and infection.
      ii. The average adult deltoid muscle can absorb 0.5 ml of medication.
      iii. The gluteus medius muscle can absorb 1ml to 5ml.

   B. Select needle size based on site of administration
      i. Use a 20-23 gauge (diameter of the needle) with a 1 ½ to 2 inch needle length for large muscles
      ii. Use a 23-25 gauge with a 1 ½ to 2 inch length needle for the deltoid

   C. Select syringe size appropriate to the amount of solution and site of administration.

   D. Perform hand hygiene prior to preparing vaccine or medication.

   E. Prepare the correct dose, expelling any excess air from the syringe

   F. Label the prepared syringe with the medication name and patient identifier BEFORE leaving the medication area.

III. Administration
   A. Perform hand hygiene when entering room and prior to gloving.

   B. Provide and explanation to the patient.

   C. Put on gloves and position the patient for the injection.

   D. Clean the site for 30-seconds with alcohol swab using a circular motion starting at the center of the site and moving outward in a circular motion for about 2 inches.

   E. Inject the solution slowly and steadily.

   F. Withdraw the needle quickly (DO NOT recap) and place in sharps container.
G. Apply a Band-Aid to the site.

H. Document injection in the electronic medical record.

Injection site – Upper Arm (Deltoid): Use the non-dominant hand to feel for the acromion process. Place 2 fingers underneath the acromion process and inject medication at a 90 degree angle into the central and thickest part of the deltoid muscle. Aspiration is not necessary.

Injection site – Buttock (Dorsogluteal): Feel for the top of the hip bone, near the waist. Divide buttock into 4 imaginary quadrants and the site will be in the outer imaginary quadrant as shown below in the picture. Insert the needle into the skin at a 90 degree angle to the upper, outside quadrant of the buttock. Aspiration is not necessary.
**REFERENCES:**

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