

<b>SECTION 1: PUMPS &amp; DRUG ADMINISTRATION</b>	<b>POLICY: 8B.32</b>
<b>POLICY: INTRAMUSCULAR INJECTIONS</b>	<b>PAGE: 1 OF: 3</b>

**PURPOSE:**

- To safely deliver medication through use of the intramuscular route.

**POLICY:**

- Intramuscular injections shall be administered in accordance with this policy (unless other policies/instructions are specified by the dispensing pharmacy), by registered nurses who are educated and trained in intramuscular administration and the medication / therapy.

**SPECIAL CONSIDERATIONS:**

- Hand hygiene will always be performed before and after palpating intramuscular insertion sites, applying topical anesthetic cream if ordered, inserting, replacing, or accessing, dressing, or discontinuing the intramuscular site
- Intramuscular injections are administered at a 90-degree angle to the skin and should be removed at the same angle at which it was inserted.
- Avoid using sites with atrophied muscles because absorption may be affected. Site options include:
  - Ventrogluteal: This site involves the gluteus medius and minimus muscle and is the safest injection site for adults and children. To locate this site, place the patient in a prone or lateral position. Place the heel or palms of your hand on the greater trochanter, with the thumb pointed toward the belly button. Extend your index finger to the anterior superior iliac spine and spread your middle finger pointing towards the iliac crest. Insert the needle into the V formed between your index and middle fingers.
  - Vastus Lateralis: This site is commonly used for immunizations in children from infants through toddlers. The muscle is thick and well developed. It is located on the anterior lateral aspect of the thigh and extends from one hand's breadth above the knee to one hand's breadth below the greater trochanter. The middle third of the muscle is used for injections.
  - Deltoid Muscle: This site has a triangular shape and is easy to locate and access in the upper arm. Begin by having the patient relax the arm. The patient can be standing, sitting, or lying down. The injection site is in the middle of the deltoid muscle.
- If administering more than one medication, use a separate site for each medication.

<b>SECTION 1: PUMPS &amp; DRUG ADMINISTRATION</b>	<b>POLICY: 8B.32</b>
<b>POLICY: INTRAMUSCULAR INJECTIONS</b>	<b>PAGE: 2 OF: 3</b>

**PROCEDURE:**

1. Perform hand hygiene before patient contact and maintain proper hand sanitization throughout the procedure.
2. Verify the correct patient using two identifiers.
3. Explain the procedure to the patient/caregiver.
4. Verify the MD order for proper dosage. Verify expiration date and inspect the medication for particulates, discoloration, or other loss of integrity as defined by the manufacturer.
5. Obtain a set of baseline vital signs.
6. Draw up medication from vial per manufacturer's instructions. If medication is supplied in a prefilled syringe, operate syringe per manufacturer's instructions.
7. Palpate and assess for best intramuscular site (if not specified in order). It is important to rotate sites for repeated injections/infusions.
8. Ensure the patient is in a comfortable position for optimal relaxation of skin and muscles to help minimize discomfort.
9. Prepare the skin by swabbing the injection/infusion site(s) with a clean, single-use alcohol swab, starting at the center, and moving in a circular motion outward. Allow the skin to dry completely.
10. Grasp around the muscle at the site with your thumb and forefinger.
11. With a quick firm thrust, put the needle into the muscle at a 90-degree angle.
12. Push the medicine into the muscle.
13. Pull the needle out straight; quickly and smoothly.
14. Utilize safety device on needle if available and discard the needle in a sharps container. **DO NOT** attempt to recap the needle.
15. Gently place gauze over the site and apply gentle pressure.
16. Assess the site for any complications and apply an adhesive bandage if needed.

<b>SECTION 1: PUMPS &amp; DRUG ADMINISTRATION</b>	<b>POLICY: 8B.32</b>
<b>POLICY: INTRAMUSCULAR INJECTIONS</b>	<b>PAGE: 3 OF: 3</b>

**DOCUMENTATION:**

- A set of baseline vitals and a set of vitals ~10 – 15 minutes post injection
- Any comfort interventions provided
- Manufacturer lot number and expiration date
- Patient's response to medication, including any adverse reactions