

Introduction to Intramuscular Injections

Check-Off (Instructor Resource)

PREPARATION:

Supplies:

- Provider Order
- MAR
- Med cart or mock med cart
- Mock/demo vial of ketorolac (Toradol) 15 mg/mL
- Intramuscular injection models (can be placed on a manikin)
- Intramuscular syringes and needles
- Alcohol swab
- Hand sanitizer or access to sink
- Clean gloves

After demonstration, have students practice intramuscular injections on the models using the following steps:

1.	Verify MAR with written order from provider	
2.	Review medication reference information (proper dosage, side effects, contraindications, etc.)	
3.	Gather supplies needed for preparing and administering medication	
4.	Wash your hands with sanitizer or soap/water	
5.	Compare MAR with medication; complete the Rights of Administration	
6.	Draw up the correct dose; complete the Rights of Administration	
7.	Wash your hands with sanitizer or soap/water	
8.	Gather supplies, lock medication cart and ensure no patient information is visible per HIPAA	
9.	Knock, enter room and provide for privacy	
10.	Identify yourself with name and title (student nurse, medical assistant, etc.)	
11.	Wash your hands with sanitizer or soap/water	

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12.	Identify patient by asking name and date of birth and verify this information with the MAR	
13.	Explain the procedure to the patient, ask if they have any questions and verify allergies with MAR	
14.	If not completed at the cart, complete the Rights of Administration	
15.	Apply clean gloves	
16.	Assist patient to comfortable position and select appropriate site	
17.	Clean site with alcohol swab	
18.	Remove needle cap and hold syringe securely (pull skin to the side if performing Z-track)	
19.	Inset needle in a dart like motion at 90-degree angle and aspirate for blood (depending on site)	
20.	Administer injection into the model and withdraw needle (let skin return if performing Z-track)	
21.	Apply alcohol swab or gauze firmly over site for several seconds	
22.	Ask your patient if they are comfortable, if they have any questions and observe for signs of allergic reaction	
23.	Remove gloves and wash your hands with sanitizer or soap/water	
24.	Document medication administration on the MAR	
	Score	

Optional: Evaluate the student's ability to complete an intramuscular injection using the above steps. May score via points or satisfactory/unsatisfactory. See sample completed MAR for proper documentation.