

Clinical Skill: Intramuscular Injection

Mr Andrew Goodbody has presented to the GP for his monthly B12 injection.

Please perform an Intramuscular injection on this patient and verbalise what you are doing during each step.

Please communicate with the examiner/ simulated patient but perform the skill on the mannequin (or if equipment is not available, please state in the correct order all of the steps you would do to complete this skill)

This station will last 10 minutes.

Intramuscular Injection Examiner Marksheet

Step	Mark
1. Student Introduces themselves	
2. Check Patient details (Name, DOB, Hospital No.)	
3. Check Allergies, PMHx	
4. Gains Informed Consent by: Explaining the procedure clearly avoiding the use of jargon. Must explain the specific risks and benefits of doing this procedure.	
5. Apply PPE	
6. Clean Tray + Trolley	
7. Gather Correct size Needle (Blue/ Green), Sharps Bin	
8. Check Medication against what has been prescribed, including Dose + Expiration date	
9. Locate Acromion process and measure 3 finger breadths below	
10. Using ANTT, open the Needle + Syringe and connect them together. Expose the needle	
11. Pull down on patient's skin to apply Z-track technique	
12. Insert the needle at 90° and gently aspirate to look for blood	
13. Slowly administer medication at rate of 1ml over 10 seconds	
14. Withdraw slowly and release Z-track pressure	
15. Make needle safe on a hard surface and dispose in Sharps Bin	
16. Thank patient and provide Aftercare (Pain, Fever, Infection signs, Drug side effects)	