Intramuscular Injection technique competency

Performs hand hygiene

Ensures correct equipment for intramuscular injection
  o Appropriate Syringe
  o Appropriate size needle (23g)
  o Drawing up needle (if applicable)
  o Skin preparation swab
  o Injection tray to hold equipment e.g. Kidney dish
  o Sharps container (if one not close)

Draw up medication in an aseptic technique

Locates appropriate Muscle for injection for intramuscular injection
  o Deltoid muscle
  o Vastus lateralis
  o Dorsogluteal muscle

Safely administers medication using correct technique
  o Prepares skin with alcoholic preparation
  o Stretches skin
  o Darts needle in a decisive manner at a 90 degrees angle
  o Draws back plunger ensuring no blood in barrel of syringe
  o Depresses plunger of syringe delivering medication in a slow manner
  o Removes in a swift decisive action

Tends to the puncture site using a cotton ball

Cleans and disposes equipment using universal precautions