

### Preparing to Administer an Intramuscular Injection

- Review medication and/or vaccine reference information, including action, purpose, adverse effects, normal dose, route of administration, time to peak onset, and provider implications.
- Prepare supplies and medication/immunization.
- Ensure diphenhydramine and epinephrine are onsite and easily accessible.
- Review the participant's vaccine administration record and screen for vaccine contraindications.
- Explain the procedure and advise the participant that the injection may cause a slight burning or stinging.
- Perform hand hygiene.
- Wear clean gloves.

### Selecting an Injection Site and Needle for an Intramuscular Injection

- Plan to administer injectable IM vaccines intramuscularly in the deltoid muscle. Use a needle length of 1" for most adults. Select a 22- to 25-gauge needle.
  - For adults weighing less than 130 pounds, use a 5/8" needle.
  - For women weighing more than 200 lbs. or men weighing more than 260 lbs., use a 1½" needle.
- Select appropriate site for injection, targeting the central, thickest portion of the deltoid. This is above the level of the armpit and approximately 2-3 fingerbreadths (~ 2") below the acromion process.
- Inspect skin surface for sites of bruises, inflammation, or edema.
- Note integrity and size of muscle and palpate for tenderness or hardness. Avoid these areas.
- If participant receives frequent injections, rotate injection sites. Separate same day IM injections by at least one inch.
- Position participant appropriately depending on chosen injection site.

### Performing an Intramuscular Injection

- Stretch the skin at the injection site so that it is tight between the thumb and index finger (making it easier for the needle to penetrate, cause less pain, and reach muscle tissue).
- Cleanse the selected site with an alcohol prep pad. Apply the pad at the center of the site and rotate outward in a circular direction for about 5 cm. (2 inches).
- Remove the needle cap by pulling it straight off.
- Insert the needle at a 90-degree angle and inject the vaccine at a slow and steady rate. Withdraw the needle and simultaneously apply pressure to the injection site with a dry cotton ball or gauze. Hold in place for several seconds.
- Immediately put the syringe in a sharps container.
- Cover the injection site with a clean gauze or band-aid.
- Record the date the vaccination was administered and the name and title of the person administering the vaccine.
- Federal law requires that the type of vaccination given, and route of administration are recorded, along with the lot number and manufacturer.
- Ensure the bottom portion of the vaccine administration record is filled out completely and accurately. This includes insurance billing information, if applicable.
- Ensure the participant has been issued a Vaccine Information Sheet (VIS) for all vaccines received.

### Scope of Practice

- The following clinicians may administer vaccines at any time, within their scope of practice, at onsite or offsite events: nurse practitioners, registered nurses, licensed practical nurses, pharmacists.
- The following clinicians must have a supervising clinician at all events: certified nursing assistants, certified medical assistants, registered medical assistants, emergency medical technicians, student clinicians.
  - No vaccination may be administered outside Triad Care, Inc.'s office without a supervising nurse or pharmacist, depending on credential, present and readily available.