**PROCEDURE STEPS**  | **Yes** | **No** | **COMMENTS**
---|---|---|---
1. Prepares and administers medications according to “Medication Guidelines: Steps to Follow for All Medications.”  |  |  |  
2. Does not give more than 1 mL of medication in a site.  |  |  |  
3. Selects appropriate syringe and needle. In addition to considering the amount of adipose tissue:  
   a. For insulin, must use an insulin syringe.  
   b. For volumes less than 1 ml, uses a tuberculin (TB) syringe with a 25–27 gauge, 3/8–5/8 inch needle.  
   c. For a volume of 1 mL, a 3 ml syringe may be used with a 25–27 gauge, 3/8–5/8 inch needle.  |  |  |  
4. Selects and locates an appropriate site (outer aspect of the upper arms, abdomen, anterior aspects of the thighs, and the scapular area on the upper back). Site must have adequate subcutaneous tissue. For heparin, the abdomen is the only site used.  |  |  |  
5. Positions patient so the injection site is accessible and patient can relax the area.  |  |  |  
6. Cleanses injection site with alcohol prep pad by circling from the center of the site outward.  |  |  |  
7. Allows the site to dry before administering the injection.  |  |  |  
8. Dons procedure gloves.  |  |  |  
9. Removes the needle cap.  |  |  |  
10. With nondominant hand, pinches or pulls taut the skin at the injection site.  
    a. If client is obese or “pinch” of adipose tissue is greater than 2 inches, uses a 90° angle.  
    b. If client is average size or “pinch” is less than 1 inch, uses 45° angle.  
    c. If the client is obese and the adipose tissue pinches 2 inches or more, uses a longer needle and spreads the skin taut instead of pinching.  |  |  |  
11. Holding the syringe between thumb and index finger of the dominant hand like a pencil or dart, inserts the needle at the appropriate angle at the into the pinched-up skinfold.  |  |  |  
12. Stabilizes the syringe with the fingers of the nondominant hand.  |  |  |  
13. Using thumb or index finger of dominant hand, presses  |  |  |  

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plunger slowly to inject the medication. (Alternatively, after inserting the needle, continues to hold the barrel with the dominant hand and use nondominant hand to depress the plunger.)

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<td>14. Removes the needle smoothly along the line of insertion.</td>
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<td>15. Gently blots any blood with a gauze pad. Does not massage the site.</td>
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<td>16. Engages needle safety device or places the uncapped syringe and needle directly into a “sharps” container.</td>
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**Recommendation:** Pass _____ Needs more practice _____

Student: ___________________________ Date: _____________

Instructor: _______________________ Date: _____________

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