

Administering Medications the Right Way

CC&R Healthcare Solutions

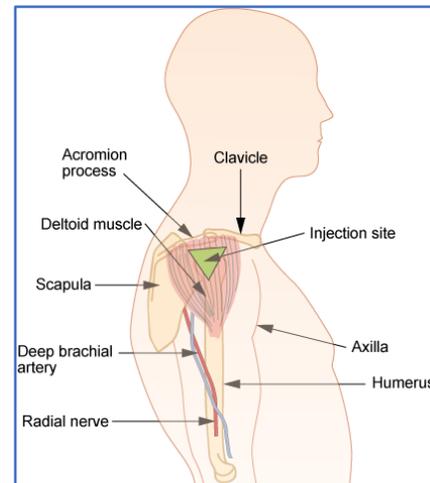
A Better Way to Learn

A Better Way to Teach

As a COVID 19 vaccine administrator, you are an important part of the health care team and have an exciting part in the effort to save lives. CC&R Healthcare Solutions is pleased to provide this reference tool for administering the intramuscular injection of the vaccines. We hope you find this information along with our demonstration video available at www.medicationadministration.com helpful.

The Deltoid Muscle

When administering an intramuscular injection (IM) into the deltoid muscle, know how to locate the thickest part of the muscle. The deltoid muscle is the triangle-shaped muscle that lies over the shoulder joint. A good way to see the deltoid muscle is to have the person raise their arm out to the side.



Needle Size and Safety

Needle size is measured by diameter and length. Diameter is measured in gauges (g). The most commonly used needle gauges for IM injections are 22g, 23g, and 25g. For the proper needle length, refer to the chart at right. If available, use safety needles to reduce the risk of a needle-stick injury.

Weight	Needle Size
Male and Female >130 lbs. (male or female)	5/8" to 1"
130-260 lbs. (male) 130-200 lbs. (female)	1" to 1½"
260+ lbs. (male) 200+ lbs. (female)	1½"

Before you start:

- Know who is in charge and how to contact them
- Know your specific role and who to direct clients to for other information.
- Know the physical layout of the administration site. This will help you to direct people as needed.
- Know what supplies you need and where additional supplies are kept.
- Decide the best way to position yourself to ensure a 90-degree angle for the administration and for proper body mechanics. One option is to sit next to the person. You will be at eye level with the person and you won't need to bend over as you administer the injection.

Administering an Intramuscular Injection

- Gather your equipment.
- Wash your hands.
- Put on the correct personal protective equipment (PPE).
- Identify the client, introduce yourself, and bring them to the area where the administration will take place. Check the required identification documents.
- Explain the procedure and ask any required questions. If you are unable to answer a question, ask your supervisor to assist. Ask the client to remove one sleeve to expose the entire arm.
- Locate deltoid muscle by elevating the upper arm (A). Relax the arm down and select injection site (B). If needed, rub the injection site with an alcohol prep for 30 seconds and allow it to dry.
- With your dominant hand, hold the syringe in a dart position and inject the needle at a 90° angle into the muscle (C). Depress the plunger (D) slowly and smoothly (about 10 seconds) then quickly remove it.
- Dispose of the needle and syringe into the Sharps container.
- Place a plastic bandage over the injection site.
- Direct the client to the monitoring area for the allotted time according to the requirements. Provide any paperwork/instructions to the client.
- Remove your gloves.
- Wash your hands.
- Document the administration.

Equipment List

- Prepared syringe
- Sharps container
- Alcohol swab
- Gauze and tape or plastic bandage
- Vaccine card with dates
- Information pamphlets

Using a dart like motion with your dominant hand helps to achieve a 90-degree angle. This will help you to avoid accidentally pushing in the plunger before the needle is in the muscle.



A: Elevate the arm to identify the deltoid muscle



B: Select injection location



C: Hold syringe in a dart position



D: Depress the plunger

