

## Lesson Planning for IM Injection Skills Practice

### Goal

Each student will demonstrate how to safely administer an IM injection in the deltoid using aseptic techniques.

### Learning Objectives

- Demonstrate appropriate, calming communication with the patient
- Ask patient about any previous adverse effects from vaccines
- Identify guidelines for safe medication administration
- Identify location for intramuscular injection
- Demonstrate intramuscular injection technique using aseptic technique
- Demonstrate how to document an intramuscular injection

### Pre-requisites for clinical training in IM injections and equipment

Students complete module with quizzes and final exam (Module #4). Equipment for each student to practice the skill should include:

- Alcohol wipes or (cotton balls and alcohol),
- Needles and syringes
- Vials of saline
- Sharps containers
- Oranges or manikin
- Skills check list
- Band aids or (2X2 and tape).
- Data sheet that replicates what students might use in their vaccinations monitoring (i.e., patient name, contact, age, type of vaccine and lot #).

### Organization of the Site

The site for teaching safe injection techniques should provide space for handwashing (or sanitizer), enough room for the student and patient (standing or sitting), a table for equipment to draw up injection, and room for a sharps container at each station.

## Teaching Strategies to Promote Learning

Set up practice stations for two to three students each, prior to them going through the entire procedure.

- **Station 1.** Syringes/needles: Students read labels on syringes and needles and if separate they can practice opening packages, and connecting needle to syringe, if one piece they can practice engaging the safety cap.
- **Station 2.** Students practice with vials of saline, withdrawing the accurate dosage from a vial using aseptic technique, eliminate air from the syringe and prime the needle.
- **Station 3.** Students use a manikin or a “buddy” student to identify the appropriate anatomical landmarks used for the deltoid injection
- **Station 4.** Students inject manikin, gel pillows or oranges using correct technique

## Evaluation

Giving feedback provides immediate support to learners as they practice and enhances their learning. This assessment also helps the instructor know if information needs to be reinforced or instruction revised. Instructors who are supportive and demonstrate the skills carefully and skillfully for their students will ease their anxiety and support their success.

## Skills Practice Test

After practice sessions students should move to testing stations where two or three of them can practice the entire procedure with supervision and feedback, prior to being tested on the complete procedure.

## Time for Clinical Skills Practice

The amount of time for clinical skills practice will depend on the number of students in the class. Practice time can be broken into several sessions. One method might be to space practice sessions several afternoons after lunch to break up the didactic instruction. This helps students internalize the information and connect cognitive skills with actual equipment. Students should be encouraged to practice the skill until they can perform all tasks at 100%. This reduces their frustration and increases competency.