

STUDENT'S NAME \_\_\_\_\_

DATE \_\_\_\_\_

FOR FACULTY USE ONLY

DATE \_\_\_\_\_

EDUCATOR'S NAME \_\_\_\_\_

PASS / FAIL



# Checklist

## Medication Administration: Locating Intramuscular Injection Sites (Adults)

### Step by Step

SATISFACTORY /

UNSATISFACTORY

EVALUATORS COMMENTS

### Locating Intramuscular Injection Sites (Adults)

*Provide privacy as needed.			
*Introduce yourself to the client.			
*Perform hand hygiene and put on appropriate personal protective equipment (PPE) if indicated.			
*Verify client identification.			
*Determine whether the client has allergies.			
*Provide client education.			
Review the provider's prescription for the medication to be administered.			
Review the client's allergies.			
Ensure that all necessary supplies are readily available (needles and syringe, medication vial, alcohol wipes, adhesive bandage, medication administration record).			
Assess the client's health status, including focused assessments pertinent to the prescribed medication.			
Obtain client's verbal consent for administration of the medication.			
Prepare the medication.			
Choose an injection site based on the volume to be injected and assessment of the area.			
Select needle length and gauge based upon the thickness of the subcutaneous tissue the needle will need to pass through.			

*\*Document the relevant information (assessment findings, pharmacological and nonpharmacological interventions) in the client's medical record.*

## CHECKLIST: MEDICATION ADMINISTRATION: LOCATING INTRAMUSCULAR INJECTION SITES (ADULTS)

### Step by Step

SATISFACTORY /  
UNSATISFACTORY

EVALUATORS COMMENTS

Position the client for comfort and accessibility of the injection site

- Rectus femoris: Supine or lateral with injection site superior.
- Ventrogluteal: Lateral or supine with knees and hips flexed.
- Vastus lateralis: Supine with knee flexed or sitting upright.
- Deltoid: Sitting upright with arms relaxed along the torso or with elbow flexed while nurse supports the arm.

Locate the muscle using landmarks:

- Rectus femoris: The visual midpoint between the anterior superior iliac crest and the patella. The injection site is the section in the middle of the anterior thigh.
- Ventrogluteal: Place the heel of the nondominant hand over the greater trochanter with the fingers in the direction of the client's head. The thumb should point toward the client's groin. Spread the fingers to form a "V" with the index and middle finger. The injection site is directly between the index and middle finger, within the "V."
- Vastus lateralis: The visual midpoint between the top of the greater trochanter and the lateral femoral condyle (knee). The injection site is the middle third of the lateral aspect of the thigh.

Deltoid: 1 to 2 inches below the acromion process. The injection site is the lateral midline of the upper arm.

\*Ensure that the client is in a safe position and has the call light within reach prior to leaving the room.

*\*Document the relevant information (assessment findings, pharmacological and nonpharmacological interventions) in the client's medical record.*

### References

- Caple, C., & Heering, H. (2017). Administration of medication in adults: Intramuscular. Cinahl Information Systems.
- Nakajima, Y., Fujii, T., Mukai, K., Ishida, A., Kato, M., Takahashi, M., Tsuda, M., Hashiba, N., Mori, N., Yamanaka, A., Ozaki, N., & Nakatani, T. (2020). Anatomically safe sites for intramuscular injections: A cross-sectional study on young adults and cadavers with a focus on the thigh. *Human Vaccines & Immunotherapeutics*, 16(1), 189–196. <https://doi.org/10.1080/21645515.2019.1646576>