



Standards Procedure (Skill) Universal Section

Injections: Subcutaneous and Intramuscular

B	EMT*	B
A	AEMT	A
P	PARAMEDIC	P

Clinical Indications:

- When medication administration is necessary and the medication must be given via the SQ or IM route (not auto-injector), or as an alternative route in selected medications.

Procedure:

- Receive and confirm medication order or perform according to standing orders.
- Prepare equipment and medication expelling air from the syringe.
- Explain the procedure to the patient and reconfirm patient allergies.
- The most common site for subcutaneous injection is the arm.
 - Injection volume should not exceed 1 cc.
- The possible injection sites for intramuscular injections include
 - Maximum IM volumes
 - Deltoid** (upper arm): **2 mL**
 - Dorsogluteal** (superior buttocks): **4 mL** [*use caution-sciatic nerve*]
 - *Ventrogluteal** (lateral hip): **3 mL**
 - *Rectus femoris** (middle 1/3 anterior aspect of the thigh): **5 mL**
 - *Vastus lateralis** (middle 1/3 lateral aspect of thigh): **5 mL**
 - *recommended sites*
- The thigh should be used for injections in pediatric patients and injection volume should not exceed 1 cc.
- Expose the selected area and cleanse the injection site with alcohol.
- Insert the needle into the skin with a smooth, steady motion
 - SQ: 45-degree angle**
skin pinched
 - IM: 90-degree angle**
skin flattened
- Aspirate for blood
- Inject the medication.
- Withdraw the needle quickly and dispose of properly without recapping.
- Apply pressure to the site.
- Monitor the patient for the desired therapeutic effects as well as any possible side effects.
- Document the medication, dose, route, and time on/with the patient care report (PCR).

** EMT may administer Epinephrine for anaphylaxis, by IM route, if approved by the system medical director.*

Certification Requirements:

- Maintain knowledge of the indications, contraindications, technique, and possible complications of the procedure. Assessment of this knowledge may be accomplished via quality assurance mechanisms, classroom demonstrations, skills stations, or other mechanisms as deemed appropriate by the local EMS System.