

INTRAMUSCULAR INJECTIONS SITE SELECTION



What site should I use?

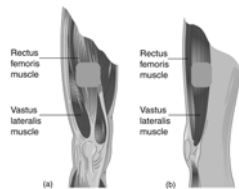
- Consider:
 - age of the client
 - medication to be injected
 - client's general condition



SITES OF THE THIGH

- Rectus femoris muscle rarely used except for infants & self-administered injections
- Vastus lateralis muscle preferred

Figure 26.13
Intramuscular Injection Sites of the Thigh
(A) Rectus femoris (B) Vastus lateralis



Vastus lateralis site

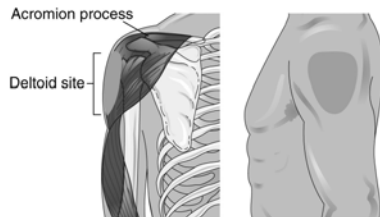
- Safe, rapid absorption
- Location:
 - one handbreadth above the knee
 - one handbreadth below the greater trochanter
 - medial lateral portion of the thigh
- Can be used for infants, children & adults
- Needle length usually 1 inch or less



The Leg

DELTOID SITE

Figure 24.10
Deltoid Intramuscular Injection Site



Deltoid Site

- Used for immunizations, nonirritating meds
- Risk of injury to the brachial artery & radial nerve
- Limit volume of medication based upon size of muscle - 0.5 - 2 ml / cc



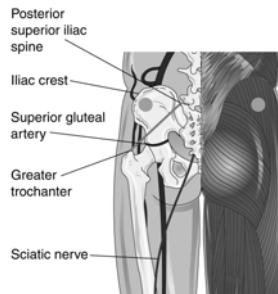
Locating the deltoid site...

- Place fingers on the patient's shoulder
- Locate the acromion process landmark
 - lateral triangular projection of the spine of the scapula, forms point of shoulder, articulates with the clavicle
- Place index & middle finger on landmark, creating an inverted triangle
- Inject 1 - 2 inches below the acromion process in center of triangle



DORSOGLUTEAL SITE

Figure 24.11
Dorsogluteal Intramuscular Injection Site



Locating the dorsogluteal site

- Position patient prone or lateral (side-lying)
- Locate the superior iliac spine & the greater trochanter of the femur
- Draw an imaginary diagonal line between the two landmarks
- Site is superior & lateral to this line, several inches below the iliac crest

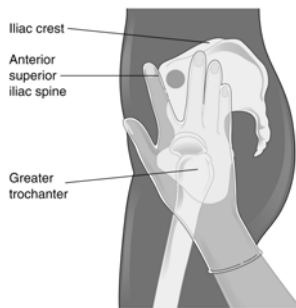
Risks associated with dorsogluteal site

- **Must avoid the sciatic nerve**
- **Must avoid the superior gluteal artery**
- **Increased incidence of injecting into fatty tissue**
- **Not used in infants**
- **Not used in toddlers until walking**



VENTROGLUTEAL SITE

Figure 24.12
Ventrogluteal Intramuscular Injection Site



Ventrogluteal site

- **Free of major blood vessels & nerves**
- **Less fatty tissue distribution**
- **Position patient sitting or lateral (side-lying)**
- **Considered safest & least painful site**



Locating the ventrogluteal site

- Palpate greater trochanter, place palm of hand here
- Palpate anterior superior iliac spine with index finger
- Spread middle finger to palpate the bony ridge of the iliac crest
- The center of the formed triangle is the ventrogluteal site

Intramuscular injections

- Spread the skin to ensure firmness
- 90° angle
- Insert needle quickly, dart-like fashion
- ALWAYS aspirate prior to injection
- Remove needle quickly in the same direction as insertion
- ACTIVATE NEEDLE SAFETY

Let's locate sites...