

Landmarking - Vastus Lateralis - Administering an IM Injection - Using Z track

Female1: So IM injections.

Female2: Right, into the vastus lateralis. So a leg muscle.

F1: Why would we choose this and not the deltoid?

F2: I could put a larger volume into vastus lateralis, generally.

F1: Because deltoid is, what, 2 mls?

F2: Up to 2 mls, although if somebody has a large muscle mass you might decide to go for 3. It's really up to the nurse to make that judgement every time they go to the bedside. As you know you can have an adult that weighs 100 pounds and one that weighs 300 pounds. So you use that accordingly. You wouldn't put 3 mls of fluid into somebody with a little emaciated muscle. We're going to do vastus lateralis. I've prepared my medication. I have my MAR at the bedside. 'Can you please tell me your name and your birth date?'

M: Ross Geller, March 3rd, 1999.

F2: Awesome, so I have your morphine for you. It's for pain. I'm going to put it in your leg. So if you can relax your leg muscle, I think it'll be more comfortable. In terms of landmarking, I look about where the knee is and landmark there. I think about the greater trochanter and I landmark there. And I'm going to go in the middle third of the muscle which will be here. So I'm going to use my alcohol swab. Clean from the inside out. Now this time we can leave the corner of the alcohol swab pointing to where I want to actually do the injection.

F1: That's handy.

F2: Yes. Now I'm going to Z track. So again, it's just slightly displacing the tissues.

Stab. Grab. Aspirate. Inject. Then I'm probably going to say, 'sir, just wiggle your toes while I'm injecting'. Or if you're able to you engage in conversation. What I find is oftentimes students have to concentrate on one skill at a time. But with time eventually you'll be talking about the garden and the dog and the weather and the kids and going about your tasks all at the same time.

F1: I see you've engaged your safety there.

F2: Yes, never, never, never recap a needle. And if in a situation you absolutely have to, it has to be that scoop cap [motion].

F1: Okay.

F2: Yes, but engage your needle and then dispose of the whole thing into the sharps.