



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Nursing		
Document:	Internal Policy and Procedure		
Title:	Administration of Subcutaneous Medication		
Applies To:	All Nursing Staff		
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1. PURPOSE:

- 1.1 Ensuring patient safety during the subcutaneous drug administration.

2. DEFINITONS:

- 2.1 **Subcutaneous medication** is the administration of medication into the subcutaneous tissue to be absorbed and producing its effect.

3. POLICY:

- 3.1 Nursing Staff should administer subcutaneous medication to be absorbed and producing is effect in a safe way.

4. PROCEDURE:

- 4.1 Check Physician's written order before administration of this type of drug.
- 4.2 Special consideration:
 - 4.2.1 General: Heparin and insulin are considered high alert medications and must be double checked by two (2) nurses during preparation.
 - 4.2.2 Pediatric: For patients less than one year old, the anterolateral side of the thigh is the preferred site. Let another nurse or mother hold the child and keep it from moving suddenly during injection to avoid tissue damage from needle.
- 4.3 Verify the patient using 2 identifier (Four names for Saudi or Complete name for Non-Saudi and Medical Record Number).
- 4.4 Explain the procedure and purpose of drug to the patient.
- 4.5 Check label on medication and compare with medication order on medication form.
- 4.6 Prepare medication adhering to the ten (10) rights, to ensure safe administration of drug.
- 4.7 Wash hands thoroughly and dries, to minimize risk of infection.
- 4.8 Wear gloves.
- 4.9 Swab top of vial or break top of the ampoule and draw prescribed amount into syringe.
- 4.10 Select injection site away from site of a previous injection. If administering insulin, select a site on upper arm or on the abdomen. Use alternative sites (e.g. thigh, upper chest or scapular area) if arm or abdomen is not available because of tissue irritation or scaring.
- 4.11 Rotation of site. Prevents repeated and permanent tissue damage, ensures that medication is administered at site with optimum absorption.
- 4.12 Position patient for site selected.
- 4.13 Sterilize the area with alcohol swab in a circular motion from inside to outward and allow drying completely.
- 4.14 Gently pick-up a well-defined fold of about 1 inch of the skin, between thumb and finger, to be injected into subcutaneous tissue.

- 4.15 Insert needle through the skin at 45 degree angle. For a patient with more fatty tissue insert at a 90 degree angle. Do not pull back or aspirate plunger for testing, to enter into the subcutaneous fatty layer.
- 4.16 Do not move needle tip once it is inserted, to prevent damage of small blood vessels that may lead to bleeding and hematoma formation especially in patients on heparin.
- 4.17 Firmly push plunger down as far as it will go, to inject the medication, to ensure total administration of the medicine.
- 4.18 Withdraw needle gently at the same angle at which it entered after injection, to minimize tissue damage.
- 4.19 Clean injection site with a sterile cotton ball, to minimize oozing or bleeding.
- 4.20 Do not rub the area. Instruct patient not to rub the area, to prevent bleeding.
- 4.21 Change site of injection each time subcutaneous injection is administered, to ensure rotation of sites.
- 4.22 Dispose syringes and needle into yellow sharp container.
- 4.23 Documentation:
 - 4.23.1 In the medication form: write the name, dosage and time with signature of the nursing staff.
 - 4.23.2 In the nurses' note: write the date and time medication given and patient's reaction.

5. MATERIALS AND EQUIPMENT:

- 5.1 Medication tray
- 5.2 Medications
- 5.3 Alcohol swab
- 5.4 Cotton ball
- 5.5 Syringes

6. RESPONSIBILITIES:

- 6.1 Nurse






7. APPENDICES:

- 7.1 N/A

8. REFERENCES:

- 8.1 Jean Smith Temple and Joyce Young Johnson, Nurses Guide to Clinical Procedures, 5h Edition, Lippincott William And Wilkins, Page no: 206-210

9. APPROVALS:

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