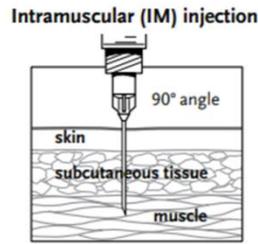


# Updating Your Immunization Skills / Administering Adult IM Injections



In conjunction with ATHNA's Vaccinator Clearinghouse Initiative, we share these excellent resources for any clinician who wants to update/ refresh their vaccine administration skills. The currently available Covid-19 vaccines are both delivered via the intramuscular route in adults.

- **IAC: Immunization Action Coalition** offers instructional guidelines, photos and videos on safe injection practices: Adult immunization handout: <https://www.immunize.org/catg.d/p3085.pdf>
- **CDC** offers instructional webinars on the administration of Covid-19 vaccines: <https://www.cdc.gov/vaccines/hcp/admin/downloads/IM-Injection-adult.pdf>
- **Pfizer-BioNTech** Covid-19 Vaccine Standing Orders per CDC <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/downloads/standing-orders.pdf>
- **Moderna** Covid-19 Vaccine Standing Orders per CDC <https://www.cdc.gov/vaccines/covid-19/info-by-product/moderna/downloads/standing-orders.pdf>
- **CDC** Vaccination Training Programs <https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-Clinical-Training-and-Resources-for-HCPs.pdf>
- **ACIP** Comprehensive General Best Practice Guidelines for Immunization: Best Practices Guidance of the Advisory Committee on Immunization Practices (ACIP) <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/administration.html>
- **ApHA** Vaccine Administration Techniques (includes message about preventing SIRVA- Shoulder Injury Related to Vaccine Administration <https://www.pharmacist.com/vaccine-administration-techniques>
- **California Department of Health** Immunization Branch Video (includes statement by OSHA that gloves are not required) Immunization Techniques: Best Practices with Infants, Children, and Adults <https://www.youtube.com/watch?v=WsZ6NEijfl>

## A Cautionary Word on Videos Demonstrating IM Technique:

There are many YouTube videos available on how to administer an adult IM injection into the Deltoid. Some, unfortunately, convey **wrong and outdated** technique.

## Here are some current best IM practices:

Have your patient seated or supine to prevent a fall injury. Remember to confirm the deltoid muscle on your patient to prevent SIRVA (see above), consider using the patient's non-dominant arm, use the

correct needle length and gauge for your patient's anatomy and the vaccine viscosity, and ensure delivery of vaccine into the muscle, not the epidermis. Do not aspirate. Inject at a 90 degree angle to get the vaccine into the muscle.

Many videos correctly explain that gloving is *optional* per OSHA, WHO, and CDC (but your institution may require them) and some show wrong technique for swabbing the arm (you should do it in circular motion from the center of the deltoid outward).

And always remember good hand hygiene before and after administration!

Patients should remain available for observation for 15 minutes or 30 minutes if they have a history of any serious allergies. *Epi pens* and access to emergency transport in the event of a severe adverse reaction should be available at every vaccination site. Patients should also know who to contact if they experience any serious delayed reactions and receive documentation that includes the date for their final dose.