

Quality Assurance Activities

Practicing Injections

Developed by Bethany Johnston, UNL Extension

Learning Objective:

- Types of injections and how to give them (IV, IM, SubQ)

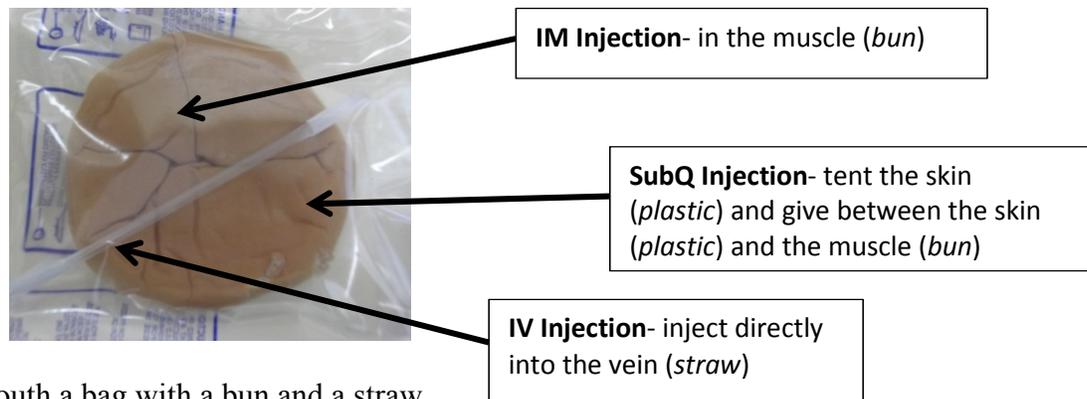
What you will need:

- Needles and syringes (one per person)
- Food coloring
- Hamburger bun (one per person)
- Small ziplock bags (one per bun)
- Drinking straw (one per bun)

Injection Types

The youth will learn how to properly give an IM, IV, and SubQ injection.

- Insert one hamburger bun and one straw into a ziplock bag. (I bent over the ends of my straws and taped them, so the IV injection would stay in the straw.) Push out as much air as possible and seal the bag. I took my buns to a local meat cutter who had a vacuum packaging machine. They vacuum packaged the bun/straw.



- Give each youth a bag with a bun and a straw.
- Talk about the different kinds of injections. An IM injection is given directly into the muscle (i.e. the hamburger bun). A SubQ injection is given between the skin and the muscle. Show the youth how to “tent the skin”, or in this case, tent the plastic bag, and inject between the bag and the muscle. An IV injection is given directly into the vein, or in this case, the straw.
- Before giving the youth a syringe, talk about how to handle needles properly and to cap all needles when not in use.
- Explain and show how to give an IM injection.
- Give each youth a syringe with ½ cc of food coloring. Have them inject their bun.
- Explain and show how to give a SubQ injection. The food coloring should go between the plastic bag and the bun.



Proper tenting of the “skin” for a SubQ injection. Notice the food coloring is between the “skin” and “muscle”.

- Give each youth a syringe with ½ cc of food coloring. Have them inject a SubQ injection.
- Explain and show how to give an IV injection. The food coloring should stay in the straw.
- Give each youth a syringe with ½ cc of food coloring. Have them inject their straw.

A sharps container can be made out a plastic container. The lid was duct taped on, so the needles don't accidentally fall out. An “X” was cut in the top and reinforced with duct tape. Used needles can be disposed of through the top opening.



- Dispose of needles in a proper sharps container.
- Take the buns out of the bag. Look at the different types of injections and the mark left by the food coloring. Can you see the food coloring on top of the bun on your SubQ injection? Can you see the food coloring inside your bun on your IM injection? Does this look similar to a picture of an injection site lesion? Did you keep the food coloring in the “vein”/straw for the IV injection?
- Clean up time! Throw away bags, buns, and straws. Wipe down tables and wash your hands. If you have food coloring on your hands, it should wear off after a day or two.



On the left: a perfect IM injection. Notice how the injection is similar in shape to an injection site lesion.
 On the right: a SubQ injection that lays on top of the muscle (*bun*) and under the skin (*plastic*).