Introduction to Intramuscular Injections

Curriculum Overview

Designed for:
• High school students
• Post-secondary students in health occupations courses
• Certified Nursing Assistant (CNA) training courses

Length:
The activities in this curriculum will last approximately 1 to 1 ½ hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:
To help participants learn about medication administration through the intramuscular route.

Synopsis:
This curriculum helps participants learn about medication administration through intramuscular routes. The lesson begins with activities that students may complete before the content is presented. Educators have a choice to review anatomy (identifying layers of the skin) and/or an empathy activity focusing on patient-centered care) to teach important nursing soft skills. The lesson uses a slide presentation and integrates the intramuscular injection trainer to learn the proper procedure and documentation surrounding it. A brief quiz is included for assessment.

Curriculum Components:
• Teacher’s guide – Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
• Student materials
• Assessment tools
• PowerPoint presentation slides

Learning Objectives:
• Identify guidelines for safe medication administration
• Discussion indications for the intramuscular route
• Identify locations for intramuscular injections
• Demonstration intramuscular injection technique
• Explain how to document an intramuscular injection