

Shared Care for subcutaneous (s/c) injection using a pre-filled syringe

This document is intended for health care professionals and patients/ carers working together and must be read in-conjunction with the manufacturer's patient information leaflet, which will include details on what the injection is for, how the injection should be administered, potential side effects and what to do if they occur.

Supporting people needing s/c injections of medication is likely to improve their self confidence and quality of life.

The following should be based on a discussion between the health care professional and patient (and carer, as appropriate) and only signed if all agree with the statements.

Assessing whether shared care is appropriate

For the healthcare professional and patient/carer together.

Is the person requiring s/c injections of medication able to make a decision about shared care? If not, do they have someone who is willing and able to act in their best interests to make this decision?

Yes No

Is the person requiring s/c injections of medication physically able to undertake the necessary care or have someone willing and able to carry out care on their behalf?

Yes No

Has the person requiring s/c injection or their carer been able to demonstrate an understanding of how to administer the s/c injection?

Yes No

Has the person requiring s/c injection or their carer been able to demonstrate a knowledge of suitable injection sites for the injection?

Yes No

Has the health care professional discussed and confirmed understanding of the contents of the manufacturer's patient information leaflet with the patient or carer including potential side effects, and what to do if they occur?

Yes No

continued over...

Does the person requiring s/c injections of medication/carer agree to undertake shared care until next agreed review date?

Yes No

..... (insert review date)

Patient/Carer:

Name: Signature:

Healthcare Professional:

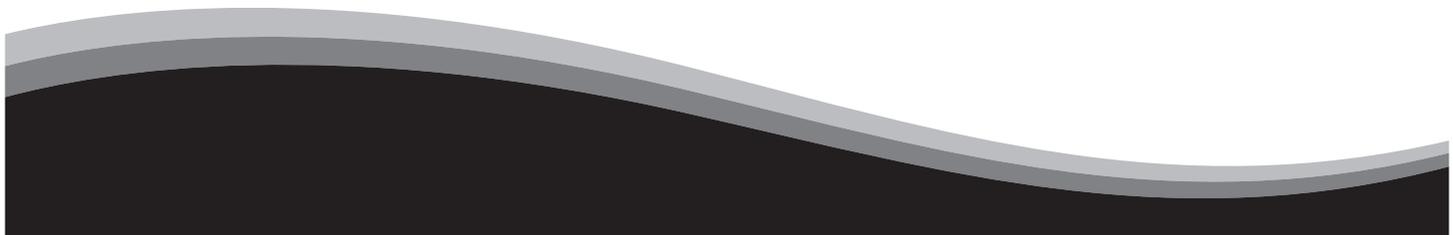
Name: Signature:

Date:

Care Plan	
For the patient/carer. To be completed by, or with, the help of the health care professional.	
Patient's Name:	
Carer's Name:	
To contact Healthcare Professional:	
To contact GP:	
Name and dose of medication to be administered by s/c injection:	
When does it need to be given?	Time:

Injection Sites

Always follow the manufacturer's guidance on suitable sites for your prescribed subcutaneous (s/c) injection. If administering the injection in the abdomen, avoid injecting within 5cm (2 inches) of the navel (belly button), near scars or in wounds.



You will need:

- Prefilled medication syringe.
- Information on dose and time to administer the injection (this will be usually be on the pharmacy label).
- Manufacturer's patient information leaflet accompanying the injection.
- Sharps container.

Things you will need to do before you start:

- Check the expiry date on the injection, to make sure it is in date.
- Check that the packaging is intact before use.
- Read the pharmacy label to confirm the dose and time to administer the medicine.
- Read the patient information leaflet accompanying the injection, which will include information on suitable injection sites.
- Choose a suitable clean dry area of skin to inject the medicine.
- Wash and dry your hands thoroughly.
- Get into a comfortable position. Remove clothing to expose the injection site.
- Assess the injection site for signs of inflammation; if present you should use an alternative site.

Now you are ready to start:

- Follow the manufacturer's patient information leaflet which will give full details on how to administer the injection.
- Remove the cap from the needle on the prepared syringe. It is not necessary to expel air from a prefilled syringe.
- Pinch the skin between the thumb and first finger of your non-dominant hand, to ensure that the fold of pinched-up skin should be approximately double the length of the needle.
- Insert the needle at an angle of 90°, using a darting motion.
- While continuing to grasp the skin, press the plunger of the syringe and inject the medicine smoothly and slowly.
- When all of the medicine has been injected, wait for 5-10 seconds before removing the needle.
- Once the needle is out, release the skin.
- Immediately after the needle has been removed dispose of the needle and syringe in a sharps container.

Adapted from the Queen's Nurse Institute
Coronavirus Information Centre 2020

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