

## Skill Station III



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## What would you do?



If parents tell you they do not want or are fearful about immunizations - tell the doctor



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## Comforting Restraint

**COMFORTING RESTRAINT**  
FROM IMMUNIZATION VACCINES

**The method:**  
The method involves the parent or caregiver, the child and a provider or trainee. It is done "holding the child" or "restraining the child" but it is done and done for the best of the separate sites.

**For infants and toddlers:**

1. One of the child's arms is held against the parent's chest and the other arm is held against the parent's arm.
2. The child's feet are held against the parent's arm and the parent's arm is held against the parent's chest.
3. The child's head is held against the parent's chest and the parent's arm is held against the parent's chest.

**For adolescents and older children:**

1. The child is held on the parent's leg or knee. The child is held on the front of the parent's chest.
2. The child's arms are held against the parent's chest.
3. The child's feet are held against the parent's chest.

IMMUNIZATION VACCINES



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## For Infants and Toddlers



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## For Older Children



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## Anatomic Sites for Immunization

**Anatomic Sites for IMMUNIZATION**



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### Injectable Vaccines by Route

Use this reference to help you to select the recommended needles by administration route.

#### Vaccines Given by Intramuscular (IM) Route

- Diphtheria-Tetanus Pertussis (DTaP, DT) (7/10) (1/6)
- Hemophilus influenzae type b (Hib)
- Hepatitis A (Hep A)
- Hepatitis B (Hep B)
- Influenza (Flu)
- Polysaccharide Conjugate (PPCIV)
- Polysaccharide Conjugate (PPCV)
- Pneumococcal Polysaccharide (PPV)\*
- Human papillomavirus (HPV)

\*Can also be given SC

#### Combination vaccines

- DTaP+HepB (Pentacel™)
- DTaP+Hib (Triodia™)
- Hib+HepB (Comvax™)
- HepB+HepB (Novartis)



1-inch,  
23- or 25-gauge  
needle  
For longer or larger  
diameter this may  
need to use a 1.5" 23"  
needle

#### Vaccines Given by Subcutaneous (SC) Route

- Inactivated Polio Vaccine (IPV)\*
- Phoslo-Pharyngo-Rubella (PPR)
- Varicella-Chickenpox vaccine (Var)
- Herpes Zoster (Shingles vaccine)

\*Can also be given IM

#### Combination vaccines

- IPV+Flu (ProQuad)



5/8-inch,  
25-gauge  
needle

## No Immunizations *Back Here!*



## Site Maps

### Immunization Site Map

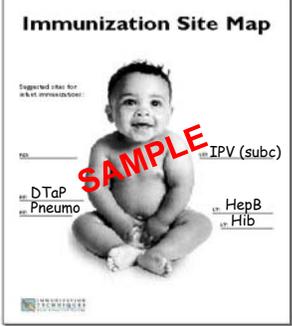


### Immunization Site Map



## Site Maps

### Immunization Site Map



## Administering Injectable Vaccines

#### Cleaning the Injection Site

- Wash your hands.
- Clean the injection site with an alcohol pad or a cotton ball soaked with alcohol. Using a circular motion, wipe from the center of the injection site out about two inches in a spiral pattern.
- Allow the alcohol to dry for several seconds. (Alcohol stings if it gets into the injection.)
- Throw away the cotton ball.

#### Giving an Intramuscular (IM) Injection

- Clean the injection site. (See above.)
- With your left hand\* pinch up the muscle.
- With your right hand† insert the needle at a 90-degree angle to the muscle.
- Push down on the plunger and inject the entire contents of the syringe.
- Remove the needle and simultaneously apply light pressure to the injection site with a dry cotton ball or gauze. Hold it in place for several seconds.
- If there is any bleeding, cover the injection site with a bandage.
- Put the used syringe in a sharps container.

\* Use opposite hand if you are left-handed.

#### Giving a Subcutaneous (SC) Injection

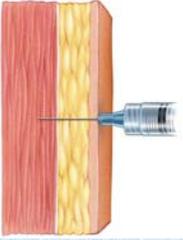
- Clean the injection site. (See above.)
- With the thumb and index finger of your non-dominant hand, pinch up the fatty tissue of the injection site.
- With your dominant hand, insert the needle at a 45-degree angle to the skin. Insert the entire needle.
- Push down on the plunger and inject the entire contents of the syringe. Do not aspirate.
- Remove the needle and simultaneously apply light pressure with a dry cotton ball or gauze on the injection site. Hold it in place for several seconds.
- If there is any bleeding, cover the injection site with a bandage.
- Put the used syringe in a sharps container.



## Intramuscular Vaccine Administration

## Length of Needle

Length of needle depends on the muscle to be penetrated.



A 1 inch 23-25 gauge needle is the best overall needle length for **IM (intramuscular)** immunizations in babies and children



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## IM Shots for Babies and Toddlers



- Recommended IM injection site for all infants, babies and toddlers is the vastus lateralis muscle.
- This site should be used for all children under three.



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## IM Shots for Adults



- The deltoid muscle should be used for IM immunization injections in all adults and children over the age of 3.
- The deltoid muscle is on the upper part of the arm, about two or three fingers below the bone (acromium process).



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