



OSCE Checklist: Subcutaneous Injection

Introduction	
1	Gather equipment
2	Wash your hands and don PPE if appropriate
3	Introduce yourself to the patient including your name and role
4	Confirm the patient's name and date of birth
5	Briefly explain what the procedure will involve using patient-friendly language
6	Check the patient's understanding of the medication being administered and explain the indication for the treatment
7	Gain consent to proceed with subcutaneous injection
8	Check for any contraindications to performing a subcutaneous injection
9	Check if the patient has any allergies
10	Ask if the patient has a preferred injection site. If the patient is receiving regular subcutaneous injections, ensure that the injection sites are rotated
11	Adequately expose the planned injection site for the procedure
12	Position the patient so that they are sitting comfortably
13	Ask the patient if they have any pain before continuing with the clinical procedure
Final checks	
14	Right person: ask the patient to confirm their details and then compare this to the patient's wrist band (if present) and the prescription
15	Right drug: check the labelled drug against the prescription and ensure the medication hasn't expired
16	Right dose: check the drug dose against the prescription to ensure it is correct
17	Right time: confirm the appropriate time to be administering the medication and check when the patient had previous doses if relevant
18	Right route: check that the planned route is appropriate for the medication you are administering
19	Right to refuse: ensure that valid consent has been gained prior to medication administration
20	Right documentation of the prescription and allergies: ensure that the prescription is valid and check the patient isn't allergic to the medication you are going to administer
Performing the subcutaneous injection	
21	Wash your hands and don some gloves (if not already done)
22	Draw-up the appropriate medication into the syringe using a drawing-up needle
23	Remove the drawing-up needle and immediately dispose of it into a sharps bin, then attach the needle to be used for performing the injection
24	Choose an appropriate site for the injection
25	Position the patient to provide optimal access to your chosen site

26	Pinch a 5cm fold of skin between the thumb and index finger, using your non-dominant hand (pinching the skin increases the depth of the subcutaneous tissue available)	
27	Warn the patient of a sharp scratch	
28	Pierce the skin at a 45-90° angle, aiming to remain in the subcutaneous tissue layer. Insert the needle quickly and firmly, with the bevel facing upwards	
29	Inject the contents of the syringe whilst holding the barrel firmly	
30	Remove the needle and immediately dispose of it into a sharps container	
31	Apply gentle pressure over the injection site with a cotton swab or gauze and avoid rubbing the site	
32	Replace the gauze with a plaster	
33	Dispose of your equipment into an appropriate clinical waste bin	
To complete the procedure...		
34	Explain to the patient that the procedure is now complete	
35	Thank the patient for their time	
36	Discuss post-injection care	
37	Dispose of PPE appropriately and wash your hands	
38	Document the details of the procedure and the medication administered	

Read the full guide at
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