



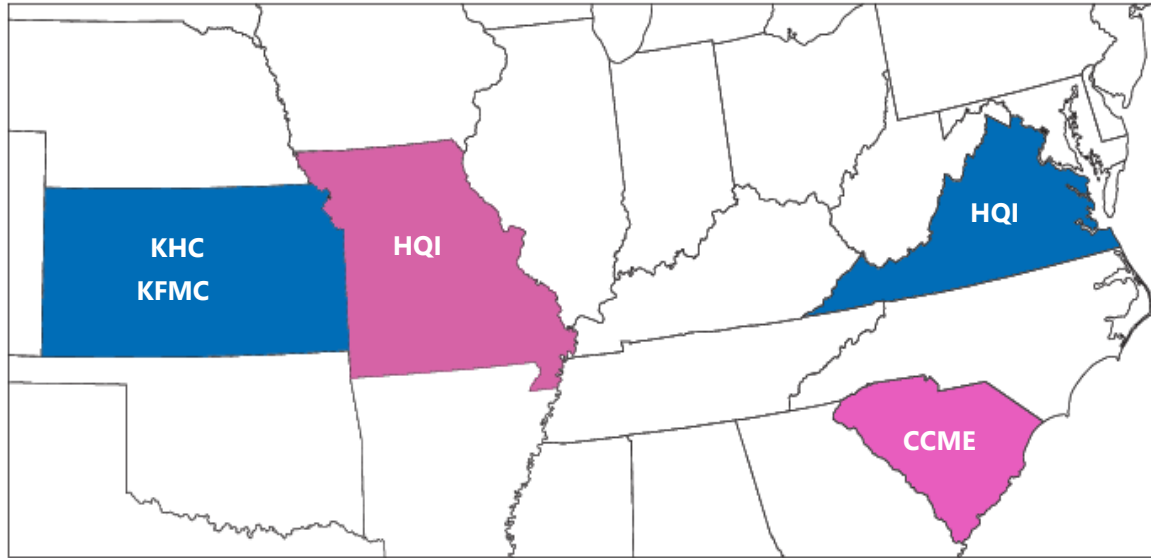
Health Quality Innovation Network

## Weekly Dose Office Hours

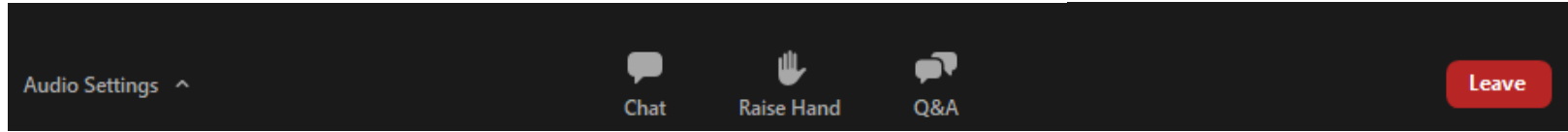
# Hitting the Mark: Correct I.M. Administration

2/23/2022

# Health Quality Innovation Network



# Logistics – Zoom Webinar



To ask a question, click on the **Q&A** icon.

**Raise your hand** if you want to verbally ask a question.

Resources from today's session will be posted in **Chat**.

You may adjust your audio by clicking **Audio Settings**.

You have been automatically muted with video turned off.

# Your Team



**Sandra Gaskins**  
Quality Improvement  
Advisor



**Theresa Mandela,**  
**BSN, RN, QCP**  
Quality Improvement  
Advisor



**Allison Spangler,**  
**BSN, RN,**  
**RAC-CT, QCP**  
Quality Improvement  
Advisor



**Laura Finch,**  
**MS, GNP, RN**  
HQIN Consultant



**Mary Locklin,**  
**MSN, RN, CIC**  
Quality Improvement  
Advisor-Infection  
Prevention

# Goals for Weekly Vaccine and Booster Education:

- Improving booster uptake
- Current knowledge updates
- A forum for vaccine and booster questions
- Interactive, peer-to-peer collaboration
- A “safe space” to talk
- Best practices and innovative idea sharing
- Tips for improving resident and staff safety

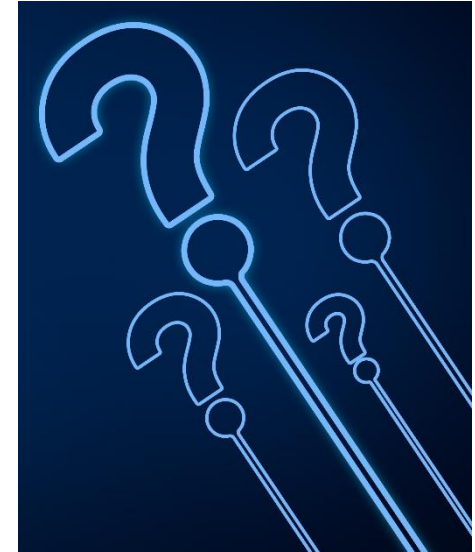


*The content presented in this webinar is based on COVID-19 information and guidance as of the date of this session.*

# Polling Question 1

Before the COVID-19 vaccine, when was the last time you gave an I.M. injection?

- A. I give them all the time.
- B. Around 1-5 years ago.
- C. Over 30 years ago, before safety needles!



# Current Knowledge Update

## Learning Objectives

1. Recognize the importance of educating the resident about the booster vaccine and process
2. Understand the appropriate landmarks for I.M. injection
3. Describe the appropriate technique for I.M. injections
4. Summarize potential complications
5. Learn to provide emotional support to elderly residents



# Best Practices for I.M. Administration

1. Remember the rights of medication administration.
2. Provide concise education.
3. Perform hand hygiene.
4. Prepare the vaccine.
5. Choose the correct needle.
6. Find the location for administration.
7. Consider pain management.

**Make it a positive  
experience for the  
resident – offer  
emotional support.**

**Avoiding injury  
during  
administration  
is critical.**



# Rights of Administration


- Right resident
- Right vaccine and diluent (when applicable)
- Right time
- Right dosage
- Right route
- Right site
- Right documentation



# Explain the Reason and the Process

- Address resident respectfully
- Establish rapport
- Don't rush the explanation
- Use active listening skills
- Avoid medical terms unless appropriate



[How to Give a Strong Recommendation to Adult Patients Who Require Vaccination](#) 

Module including video presentation of 3 case examples of evidence-based strategies and tips on strengthening vaccine recommendations with information that can help patients make informed decisions.


# Hand Hygiene is Always the FIRST STEP!



# Prepare Vaccine and Syringe

- Make sure the preparation area is a clean, designated space
  - Prepare the vaccine (follow manufacturer's instructions)
  - Choose the correct needle

When administering vaccine by an intramuscular (IM) injection to an adult:



**Use** the correct syringe and needle

- » Vaccine may be administered using either a 1-mL or 3-mL syringe
- » Use a 22 to 25 gauge needle
- » Use the correct needle size based on your patient's size

**Injection site: Deltoid muscle of upper arm**

Needle Length	Weight Category	Needle Length	Weight Category	Needle Length	Weight Category
1 in (25 mm)	Men and women, less than 60 kg* (130 lbs)	1.5 in (38 mm) OR 1 in (25 mm)	Men, 79-118 kg (152-260 lbs) Women, 79-90 kg (152-200 lbs)	1.5 in (38 mm)	Men, greater than 118 kg (>260 lbs) Women, greater than 90 kg (>200 lbs)

\*Some experts recommend a 5/8-inch needle for men and women who weigh less than 60 kg (130 lbs).



Multi-Dose Vial (CDC)



Single Dose Vial (CDC)

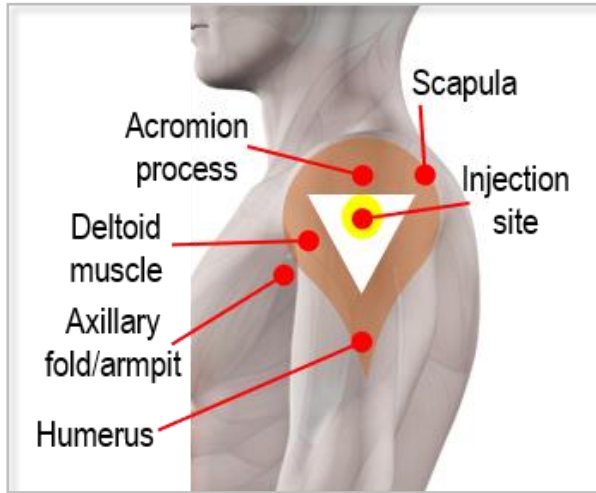


I.M. Injection Supplies (CDC)

Shepard E (2018) Injection Technique 1: administering drugs via the intramuscular route. Nursing Times [online]: 114: 8, 23-25; KnowTheSite-VaccineAdministration

# Anatomical Approach

- Identify the injection site
- Prepare the injection site

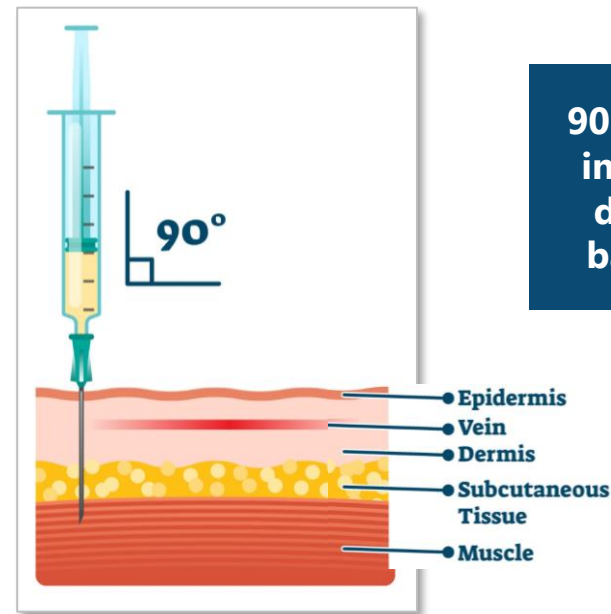


**If giving two  
vaccinations,  
leave room to  
separate by an  
inch.**



# Super Tips for COVID-19 Vaccine Injections

- Insert the needle into the muscle firmly and quickly. Hold the syringe barrel tightly and pierce the needle through the skin and into the muscle at a 90° angle.
- Inject the vaccine. Push down on the plunger and inject the medicine using your index finger (or thumb). Push firmly and steadily at a rate of about 0.1 mL per second. Note that the Pfizer COVID-19 vaccine is only 0.3 mL, so you can inject it in about three seconds. The Moderna COVID-19 vaccine is a 0.5 mL volume, so it will take five seconds to inject.
- Remove the needle. Once you have injected the vaccine, remove the needle at exactly the same angle as you used for it to go in – that is, 90°. Activate the safety device and dispose of the entire syringe in your sharps container. You can place gauze over the area where you give the injection or cover the injection site with a Band-Aid (do not massage the area—it may cause the vaccine to leak out).



**90 degrees  
in and 90  
degrees  
back out**



# COVID-19 Booster Action Plan

Nursing Home COVID-19 Vaccination Booster Action Plan		HQIN Health Quality Innovation Network
Nursing Facility Name: <a href="#">Click to enter text.</a>		CCN ID: <a href="#">Click to enter number.</a>
Nursing Facility Address: <a href="#">Click to enter text.</a>		
Primary Contact Name: <a href="#">Click to enter text.</a>	Secondary Contact Name: <a href="#">Click to enter text.</a>	
Email: <a href="#">Click to enter text.</a>	Email: <a href="#">Click to enter text.</a>	
Primary NHSN User Name: <a href="#">Click to enter text.</a>	Backup NHSN User Name: <a href="#">Click to enter text.</a>	
Email: <a href="#">Click to enter text.</a>	Email: <a href="#">Click to enter text.</a>	
Nursing Facility Action Plan Information		
Date Action Plan Initiated: <a href="#">Click to enter a date.</a>		Resident Census: <a href="#">Click to enter number.</a>
RESIDENTS	# of Residents Who Have Received COVID-19 Booster as of (today's date): <a href="#">Click to enter number.</a>	
	# of Residents Eligible for COVID-19 Booster as of (today's date): <a href="#">Click to enter number.</a>	
	# Residents Received Booster divided by # Residents Eligible for Booster = (enter calculation) % Rate <a href="#">Click to enter number.</a>	
STAFF	Current # of Residents with Medical Contraindication: <a href="#">Click to enter number.</a> Religious Declination: <a href="#">Click to enter number.</a>	
	# of Staff Who Have Received COVID-19 Booster as of (today's date): <a href="#">Click to enter number.</a>	
	# of Staff Eligible for COVID-19 Booster as of (today's date): <a href="#">Click to enter number.</a>	
	# Staff Received Booster divided by # of Staff Eligible for Booster = (enter calculation) % Rate <a href="#">Click to enter number.</a>	
Current # of Staff with Approved Vaccination Exemptions: Medical: <a href="#">Click to enter number.</a> Religious: <a href="#">Click to enter number.</a>		
Facility COVID-19 Booster Goal		
Facility will achieve 90% Resident Booster Rate by (enter date): <a href="#">Click to enter date.</a>		
Root Cause Analysis – check all that apply		
<input type="checkbox"/> Resident has medical beliefs for refusal <input type="checkbox"/> Resident has religious beliefs for refusal		
<input type="checkbox"/> Resident expresses fear of vaccination/booster <input type="checkbox"/> NHSN reporting has been delayed or there was issue with accuracy		
<input type="checkbox"/> Unable to obtain permission for administration of vaccination/booster from resident/resident representative <input type="checkbox"/> Current staffing level impacts ability to have staff available to coordinate, order or administer vaccinations/boosters at this time		
<input type="checkbox"/> Delay in scheduling/administering vaccination/booster Describe: <a href="#">Click to enter text.</a>		
<input type="checkbox"/> Limited availability/access to booster vaccinations Describe: <a href="#">Click to enter text.</a>		
<input type="checkbox"/> Inadequate/incomplete record keeping of resident/staff vaccination Describe: <a href="#">Click to enter text.</a>		
<input type="checkbox"/> Other: <a href="#">Click to enter text.</a>		

Set your  
Booster Rate GOAL  
and  
"work the plan"



# Vaccine Administration Process Guide

## A Checklist for Long-Term Care Facilities

Long Term Care Facilities (LTCF) should ensure they have an agreement in place for ongoing COVID-19 vaccination with their LTCF pharmacy provider or another designated provider [Long-Term Care Pharmacies Participating in the Federal Retail Pharmacy Program](#).

### Pre-Vaccination Administration:

- Establish facility points of contact (POCs), one of whom should be a licensed nurse, to communicate with and coordinate vaccination administration with the pharmacy provider.
  - Primary POC Name: \_\_\_\_\_
  - Secondary POC Name: \_\_\_\_\_
  - \* *Best practice recommendation: designate a primary and secondary POC (e.g., administrator, director of nursing, or the infection preventionist) to receive notifications from your pharmacy provider.*
- Determine which manufacturer's COVID-19 vaccination/boosters, influenza, and pneumonia vaccines your pharmacy will stock i.e., Pfizer, Moderna, Janssen, high dose quadrivalent fluzone, PCV13, PPSV23, etc.
- Notify your pharmacy provider when the need for vaccination administration of residents and/or staff is identified. Notify your pharmacy of the number of vaccines needed for each brand of COVID-19 vaccines.
- Screen all residents and staff to determine who is eligible to receive vaccinations. Screening should include prior immunization, medical precautions, and/or medical contraindications.



# Vaccine Administration Process Guide

## Fact Sheets Offer Instructions on Preparing Solution

### Educate and Obtain Consent: Staff

- Promote vaccine acceptance with staff ([AHCA/NCAL Get Vaccinated](#); [AHRQ Take Your Best Shot!](#)).
- Involve medical director and facility infection preventionist to answer questions.
- Share consent form and FDA EUA fact sheet/ Vaccination Information Statement for each vaccine.
  - COVID-19 FDA EUA fact sheet for consent:
    - [Pfizer](#)
    - [Moderna](#)
    - [Janssen/J&J](#)
    - [Who is Eligible for a COVID-19 Vaccine Booster Shot?](#)
  - [CDC Influenza \(Flu\) Vaccine Print Materials](#)
- Follow up with staff who have not completed consent.
  - [Who is Eligible for a COVID-19 Vaccine Booster Shot?](#)
  - [COVID-19 Vaccine Booster Shots](#)
- Document education and consent
  - Document name of staff that received education including benefits and potential side effects.
  - Document date of education.
  - Document any identified contraindications.

4



Select for  
up-to-date  
information

# Data to Support Vaccination

## Risk for COVID-19 Infection, Hospitalization, and Death By Age Group

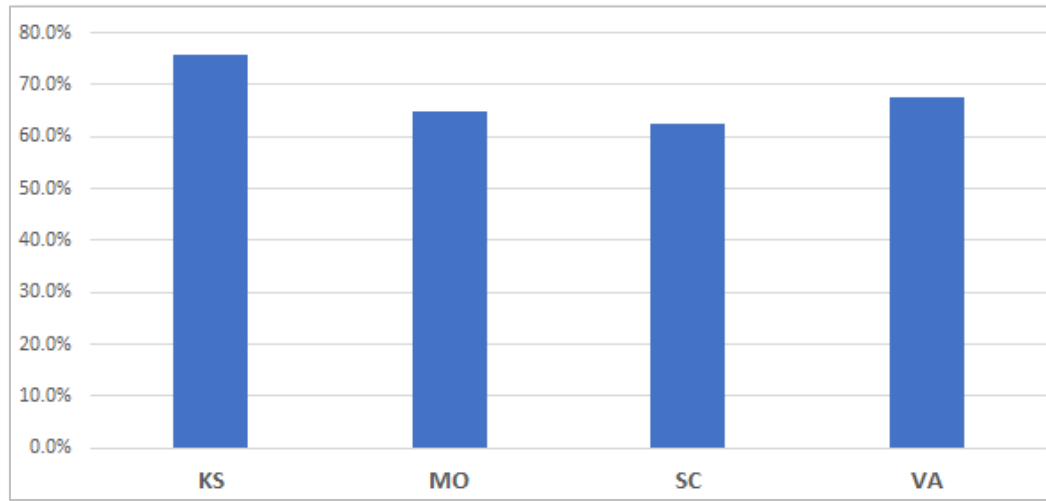
Updated Jan. 31, 2022 [Print](#)

Rate compared to 18-29 years old <sup>1</sup>	0-4 years old	5-17 years old	18-29 years old	30-39 years old	40-49 years old	50-64 years old	65-74 years old	75-84 years old	85+ years old
<b>Cases<sup>2</sup></b>	<1x	1x	Reference group	1x	1x	1x	1x	1x	1x
<b>Hospitalization<sup>3</sup></b>	<1x	<1x	Reference group	2x	2x	4x	5x	8x	10x
<b>Death<sup>4</sup></b>	<1x	<1x	Reference group	4x	10x	25x	65x	140x	340x

[Risk for COVID-19 Infection, Hospitalization, and Death By Age Group | CDC](#)

# Booster Doses by State

**NH Residents Who Received Additional  
Primary Series or Booster Doses**  
Period ending 2/14/2022



# Sharing Tips with Colleagues: What Works

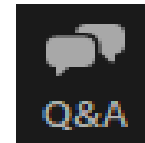
How is NHSN mandatory reporting working for you? Questions?

Have you found new ways to manage outbreaks?

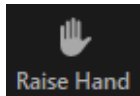
Are more people feeling comfortable with the boosters?

How amazing has your team been the past two years at rolling with the waves?

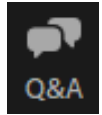
Please [click the Q&A button](#) and type in your response



# Questions? Comments? Share What is Working or What is Difficult for Your Team!



**Raise your hand** to verbally ask a question




**Type a question** by clicking the **Q&A** icon

*Don't hesitate to ask a question after the webinar is over.  
Email [LTC@hqi.solutions](mailto:LTC@hqi.solutions) or your HQIN Quality Improvement Advisor.*

# Did YOU Get Your Weekly Dose?

## The Weekly Dose

The latest guidance, resources, and updates for nursing home staff on COVID-19 vaccines and boosters.




The *Weekly Dose* is a brief bulletin that provides you with the latest guidance, information and weekly office hours to support vaccine uptake. As your Medicare Quality Innovation Network – Quality Improvement Organization (QIN-QIO), our team of nursing home experts at the [Health Quality Innovation Network \(HQIN\)](#) is dedicated to helping you increase your vaccination rates. Please [contact us](#) with questions.

---

**OFFICE HOURS: Hitting the Mark: Correct I.M. Administration**

This Office Hours session will provide information on administering intramuscular (I.M.) injections. We will include learning tools that will help you and your team consistently and safely provide COVID-19 vaccines and boosters and improve outcomes for elderly residents. We have sifted through and located the best resources to share with your team!



Join us **Wednesday, February 23 at 2:00 p.m. ET/1:00 p.m. CT**. Our host this week is Allison Spangler. You will hear from Laura Finch, a gerontological nurse practitioner and Mary Locklin, an infection preventionist, as guidance is provided on I.M. administration. This session also features "office hours" to discuss best practices in an open forum with your colleagues in the trenches.

If you would like to submit questions in advance of this session, please send to [LTC@hqi.solutions](mailto:LTC@hqi.solutions).

[Register Now!](#)

The Centers for Disease Control and Prevention (CDC) has provided options for long-term care administrators and managers to consider when [coordinating access to COVID-19 vaccines](#) for residents and staff.

Learn about the state and local immunization programs available in your area that can assist you with vaccine administration in the community or on-site.

[Visit CDC's COVID-19 Access in LTC Setting Webpage](#)

# Weekly Dose Office Hours: Communication Bites for Staff

Weekly text or email messaging:

You save lives with every vaccination. In one year, the COVID-19 vaccines saved 1.1 million lives.

[How many lives have Covid-19 vaccines saved? \(advisory.com\)](https://www.advisory.com)

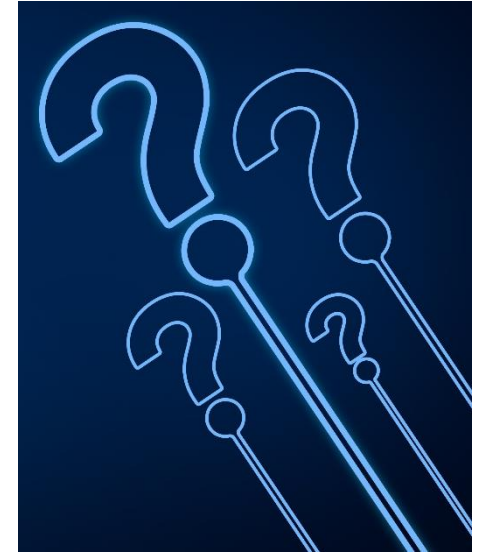


## Polling Question 2

Are you currently having issues getting the vaccine?

A. Yes

B. No



# Building On Your Resources

## HQIN Resources

- [Nursing Home COVID-19 Vaccination Booster Action Plan and Resources](#)
- [Vaccine Administration Process Guide](#)
- [COVID-19 Vaccination & Booster Tracking Tool](#)
- [COVID-19 Vaccine Educational Resources for Long Term Care Facilities](#)
- [Simple Strategies for Encouraging Staff to Receive the Influenza Vaccine](#)
- [COVID-19: Best Practices for Patient Communication](#)

## Additional Resources

- [V-safe Poster](#)
- [COVID-19 Vaccine Booster Shots](#)
- [Booster Clinics Pharmacy Partnerships](#)
- [ACIP Vaccine Recommendations and Guidelines](#)
- [Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Approved or Authorized in the United States](#)
- [Summary Document for Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Authorized or Approved in the United States](#)
- [Vaccinations and Older Adults | National Institute on Aging \(nih.gov\)](#)
- [Training and Education for COVID-19 Vaccination | CDC](#)



**Next Session:**

**Frontline Staff: Supporting  
and Retaining Vital Caregivers**

**Wednesday, March 2**

**2:00 p.m. EST | 1:00 p.m. CST**



# FOR MORE INFORMATION

Call 877.731.4746 or visit [www.hqin.org](http://www.hqin.org)

**LTC@hqin.solutions**

## Kansas

### Brenda Groves

Quality Improvement Advisor

[bgroves@kfmc.org](mailto:bgroves@kfmc.org)

785.271.4150

## Missouri

### Dana Schmitz

Quality Improvement Advisor

[dschmitz@hqi.solutions](mailto:dschmitz@hqi.solutions)

314.391.5538

## South Carolina

### Beth Hercher

Quality Improvement Advisor

[bhercher@thecarolinascenter.org](mailto:bhercher@thecarolinascenter.org)

803.212.7569

## Virginia

### Allison Spangler

Quality Improvement Advisor

[aspangler@hqi.solutions](mailto:aspangler@hqi.solutions)

804.289.5342

---

From HQIN:

To all essential care giving teams  
supporting residents and families,

*Thank you for attending*