Newsletter article

YOU CALL THE SHOTS

As the 2017 influenza season begins, it is important to remember that you call the shots when it comes to safe vaccination. To promote both safe vaccination, CDC is launching a campaign to educate and remind providers about proper influenza (flu) vaccine administration technique to help avoid shoulder injuries and other adverse events.

Get comprehensive vaccine administration information and watch a short video on the correct technique for intramuscular injection. Healthcare providers can earn free continuing education by completing the new vaccine administration e-Learn.

Shoulder injuries like bursitis and tendinitis resulting from improper injection technique are errors that can easily be avoided. These errors are more likely to occur among adults than children.

Getting an annual flu vaccination is the best way to prevent the flu. CDC's influenza website offers a variety of free educational materials on the importance of flu vaccination, aimed at both health care providers and the general public.

Tweets

- #HCPs: Prepare for #flu season and watch this short video on correct IM injection technique http://bit.ly/2eZONhc
- #Clinicians: #flu season is beginning. Stay current on vaccine administration best practices with CDC's new vaccine administration e-Learn http://bit.ly/VAeLearn
- #Clinicians: #YouCallTheShots for proper vaccine admin. Stay current w/ short video on IM injection http://bit.ly/2eZONhc
- #HCPs: Avoid vaccine administration errors. Get comprehensive vaccine administration info http://bit.ly/2gKj2fP
- #Nurses: Getting ready for #flu season? Brush up on IM injection technique w/ short video http://bit.ly/2eZONhc
- Available now, updated #VaxAdminElearn has the most up-to-date procedures and guidelines http://bit.ly/VAeLearn
- Earn #CE credit with the comprehensive and free #VaxAdminElearn available now! http://bit.ly/VAeLearn

YOU CALL THE SHOTS

Shoulder injuries related to vaccine administration
Improper vaccine administration could result in shoulder injuries such as shoulder bursitis and tendinitis.

Make sure vaccination is safe.

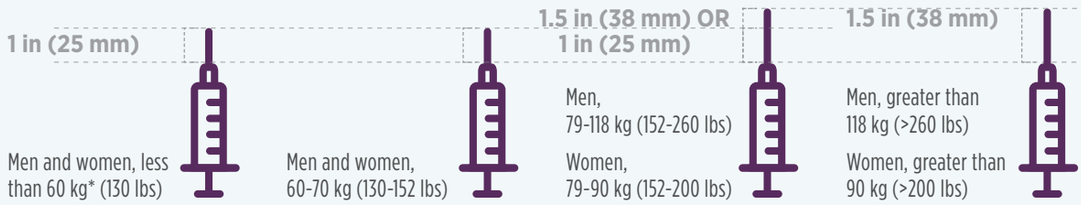
KNOW THE SITE. GET IT RIGHT!

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

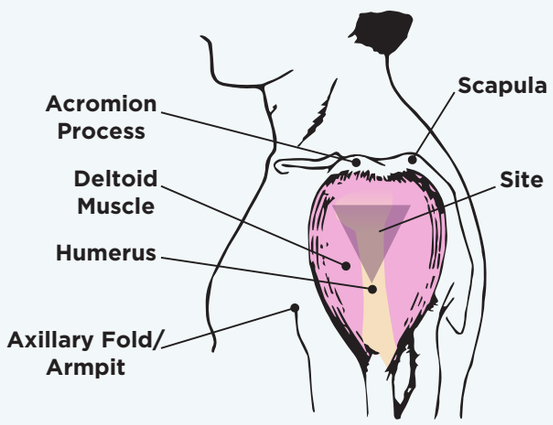
Injection site: Deltoid muscle of upper arm



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

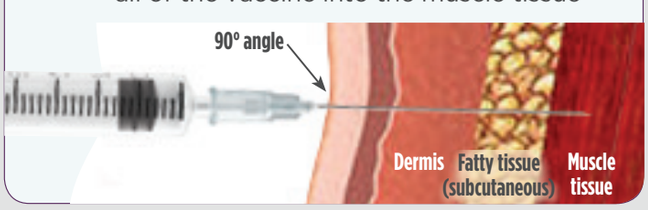
Identify the injection site

- Locate the deltoid muscle of the upper arm
- Use anatomical landmarks to determine the injection site
- In adults, the midpoint of the deltoid is about 2 inches (or 2 to 3 fingers' breadth) below the acromion process (bony prominence) and above the armpit in the middle of the upper arm



Administer the vaccine correctly

- Inject the vaccine into the middle and thickest part of the deltoid muscle
- Insert the needle at a 90° angle and inject all of the vaccine into the muscle tissue



Always follow safe injection practices

- Maintain aseptic technique
- Perform hand hygiene before preparing and administering vaccines
- Use a new needle and new syringe for each injection
- If using a single-dose vial (SDV) discard after use

A SDV should be used for one patient only!

IM injection best practices

- Administering the injection too high on the upper arm may cause shoulder injury
- If administering additional vaccines into the same arm, separate the injection sites by 1 inch if possible

Report any clinically significant adverse event after vaccination to the Vaccine Adverse Event Reporting System (VAERS) at vaers.hhs.gov/

For additional information on proper vaccine administration, visit the CDC vaccine administration web page at www.cdc.gov/vaccines/hcp/admin/admin-protocols.html

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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Remember—you call the shots when it comes to proper flu vaccine administration!