

**Student:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Steps 35-5 Giving a Z-Track Injection

	<b>S</b>	<b>U</b>
1. Carries out Standard Steps A, B, C, D, and E as need indicates.	<input type="checkbox"/>	<input type="checkbox"/>
2. Checks the order and assembles equipment.	<input type="checkbox"/>	<input type="checkbox"/>
3. Calculates dose if necessary.	<input type="checkbox"/>	<input type="checkbox"/>
4. Performs hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
5. Draws up correct dose.	<input type="checkbox"/>	<input type="checkbox"/>
6. Changes to correct sterile needle.	<input type="checkbox"/>	<input type="checkbox"/>
7. Follows the six rights and assesses patient for drug allergies.	<input type="checkbox"/>	<input type="checkbox"/>
8. Dons gloves.	<input type="checkbox"/>	<input type="checkbox"/>
9. Identifies correct anatomical location.	<input type="checkbox"/>	<input type="checkbox"/>
10. With nondominant hand, retracts tissue laterally.	<input type="checkbox"/>	<input type="checkbox"/>
11. Cleanses site.	<input type="checkbox"/>	<input type="checkbox"/>
12. Inserts needle at 90-degree angle.	<input type="checkbox"/>	<input type="checkbox"/>
13. Steadies syringe and injects medication slowly.	<input type="checkbox"/>	<input type="checkbox"/>
14. Waits 10 seconds and withdraws needle, and at the same time, lets go of tissue displaced laterally.	<input type="checkbox"/>	<input type="checkbox"/>
15. Applies light pressure with gauze pad.	<input type="checkbox"/>	<input type="checkbox"/>
16. Documents the injection and site.	<input type="checkbox"/>	<input type="checkbox"/>
17. Carries out Standard Steps X, Y, and Z.	<input type="checkbox"/>	<input type="checkbox"/>

Successfully completed: ☐

Needs practice and retesting: ☐

Comments:

Instructor: \_\_\_\_\_