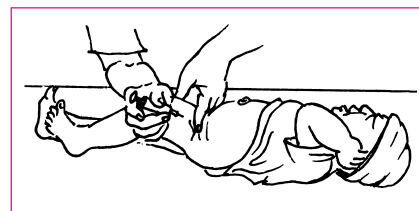


Skills Checklist for Injection Vitamin K



		Number of times practiced									
	Steps	1	2	3	4	5	6	7	8	9	10
1	Keep the following ready: ampoule, syringe, bottle of spirit. Wash hands with soap according to hand-washing checklist.										
2	Prepare three cotton balls and soak them in spirit.										
3	Take the 1 st cotton ball with spirit and wipe hands with it, then keep it aside to discard it.										
4	Make the child lie down and expose any one thigh; choose the injection site.										
5	Take the 2 nd cotton ball with spirit and wipe the injection site with circular movement of swab from center to periphery. Keep the cotton aside to discard it.										
6	Break off the top of the ampoule with spoon or cutter.										
7	Check the syringe for seals and remove first the barrel cap and then the needle cap.										
8	Insert the needle into the ampoule and pull the medicine into the syringe until it reaches the 10 mark.										
9	Withdraw the syringe and with needle facing upwards, flick the syringe so the air bubble comes to the top.										
10	Push the plunger to expel the air bubble and any extra medicine. The medicine in the syringe should be at the '4' mark (black ring of piston should be at 4 mark).										
11	Take the 3 rd cotton ball with spirit and wipe the same injection site once with circular movement. Save this cotton ball.										
12	Hold the syringe in one hand and with other hand, stretch the skin on either side of the injection site. Push the needle completely straight into the thigh (perpendicular to the skin).										
13	Press the plunger fully to completely inject the medicine.										
14	Withdraw the needle straight out and release the skin. Wipe the site with the 3 rd cotton ball soaked in spirit.										
15	Check whether there is blood oozing out. If yes, press the cotton ball against the skin for 3-4 minutes.										
16	Place needle and syringe, broken ampoule in plastic box and carry home. At home deposit needle and syringe in the storage box for disposal and deposit broken ampoule in separate box.										
17	Collect the 3 used cotton balls in a box and carry home for disposal to deposit in a separate box prepared for the purpose.										
18	Congratulate the mother and tell her that the baby has successfully received the tonic, and there is no reason to worry.										