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Nurse's Practice for Safe and Painless Intramuscular Injections in Upper Egypt

Mimi Mohammed Mekkawy^{1*}, Shaymaa Sayed Khalil², Thanaa Mohammed Diab³ and Enas Mohamed Abdallah⁴

^{1,2}Medical Surgical Nursing Dept., Faculty of Nursing, Assiut University, Egypt

³Medical Surgical Nursing Dept., Faculty of Nursing, Aswan University, Egypt

⁴Medical Surgical Nursing Dept., Faculty of Nursing, Sohag University, Egypt

Aim: To assess nurse's practice for selection the site and painless intramuscular injections. **Subjects and method:** This data were collected from all available nurses (about 250 nurses) working in medical and surgical departments at Assiut, Sohage, Aswan, El Menia and South Vally University Hospitals. **Two tools** were utilized; 1. Interview questionnaire for nurses about safe intramuscular injection. 2. Painless injection practice observational checklist.

Results: Dorsogluteal site to administer intramuscular injections was preferred for use by 116 (46.4%) nurses as regard safe injection; there was highly significant difference between five universities hospitals except Sohag was the highest government where the nurses change needle after aspiration. Increased incidence of abscess in Aswan and Sohag Universities. There was significant difference between the five governments but Sohag was the highest where the nurses changed needle after aspiration.

Conclusions: The research revealed a significant difference between Upper Egypt universities hospitals regarding safe and painless technique.

Recommendations: The choice of site must be based on good clinical judgment and using an evidence based. Additional research on the safety and painless intramuscular injection covering all aspects including site and needle selection is needed.

Keywords: Intramuscular injection, painless and Upper Egypt.