



State of Louisiana

Department of Health
Office of Public Health

MEMORANDUM

DATE: September 20, 2017

TO: Vaccines Providers

FROM: Stacy Hall, RN MSN
Immunization Program Director

Subject: **Safe Flu Vaccination Information**

Priority: Medium

Please route to:

- Clinical supervisors
- Medical directors
- Clinic managers
- Clinic staff
- Pharmacy staff
- Vaccine staff

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.

- #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!

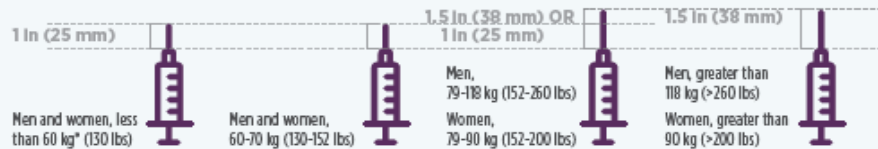
When administering vaccine by an intramuscular (IM) injection to an adult:



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

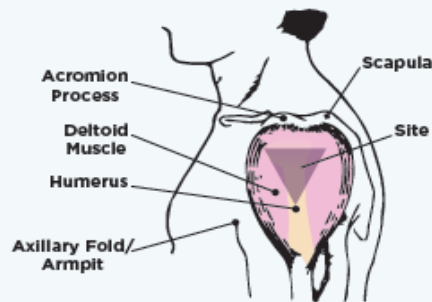


*Some experts recommend a 5/8-inch needle for men and women who weigh less than 60 kg (130 lbs).



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



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



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!

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