# Injection Assessment Checklist

Use the checklist below to evaluate injection practices and determine areas of educational need.

## Site Management

### Injection site(s):

Evidence of:

- Lipohypertrophy
- Lipotrophy
- Bruising
- Infection

Describe injection rotation pattern:

Skin Preparation Technique:

## Injection Procedure

- Sterile technique
- Rolling to uniformity (if necessary)
- Pre-injection priming (pen only)
- Air into vial (syringe only)
- Correct order for mixing in same syringe (if necessary)
- Dosing accuracy
- Needle insertion
- Complete injection
- Needle withdrawal (with waiting time)
### DISPOSAL PROCEDURE

Local regulations:

- Aware of local regulations? □ Yes □ No
- Has sharps container or needle clip? □ Yes □ No
- Uses sharps container or needle clip? □ Yes □ No

### NEEDLE REUSE

- Re-using pen or syringe needles? □ Yes □ No
- Wiping needle? □ Yes □ No
- Recapping? □ Yes □ No
- Aware of potential for air in pen? □ Yes □ No
- Using same needle for >1 insulin type? □ Yes □ No □ N/A

### INJECTION DEVICE SELECTION

- Appropriate needle size
- Sufficient volume
- Appropriate dosing increments
- Suited to physical limitations

### INJECTION ADHERENCE

- How often do you miss taking an injection?
  - Daily
  - Weekly
  - Monthly
  - Almost Never