The effect on pain of three different methods of intramuscular injection | 1

“The paper is the report of a study to determine the effect on pain of internally rotating the foot, pointing the toes down and/or using the Z-track technique during intramuscular injection and to investigate differences in pain perception related to gender and body mass index.” Kara and Yapucu Güneş (2014).

Reference:


The effect on pain of three different methods of intramuscular injection http://ctt.ec/f71c3+
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Abstract:

This paper is the report of a study to determine the effect on pain of internally rotating the foot, pointing the toes down and/or using the Z-track technique during intramuscular injection and to investigate differences in pain perception related to gender and body mass index. A randomized controlled trial was carried out from September to November 2010 on 75 patients receiving diclofenac sodium intramuscularly at a university hospital in Zonguldak, Turkey. The primary outcome measure collected was pain intensity, measured on a visual
analogue scale. Each subject received three injections by the same investigator using three
different techniques. The three techniques were randomly allocated, and the subjects were
blinded to the injection technique being used. After each injection, another investigator, who
had no prior knowledge of which injection technique was used, immediately assessed pain
intensity using the visual analogue scale. Research findings demonstrated that the Z-track
and internally rotated foot techniques significantly reduced pain intensity during
intramuscular injection. Statistically significant differences in pain intensity were observed
between the three injection techniques. The results supported the hypothesis that the
internally rotated foot and Z-track techniques significantly reduce pain intensity.

Other intravenous and vascular access resources that may be of interest (External links –
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Guide for intravenous chemotherapy and associated vascular access devices from Macmillan.
CancerUK IV chemotherapy information.
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