

## Maine EMS

### Ready, Check, Inject Training Program

The *Ready, Check, Inject* training program is comprised of two separate elements that all providers must complete **before** utilizing the new protocol. The first element is a didactic presentation entitled “Ready, Check, Inject” available through your Regional EMS Office or the Maine EMS Office and taught by a qualified individual. The second element is a brief psychomotor competency designed to be completed at the service or Regional level. Services who intend to utilize the Ready, Check, Inject project are required to document completion of both elements of the training program for any EMT who intends to administer epinephrine by syringe. Services are required to maintain documentation (CEH certificate/roster and skill sheet) of program completion and produce the documentation if requested by Maine EMS.

#### Psychomotor Training:

- This document outlines the supplies, objectives and procedure for the practical training of the Ready, Check, Inject program. To become approved to administer epinephrine via syringe **EMTs must first complete the Ready, Check, Inject didactic presentation**, then successfully complete the psychomotor training.
- The psychomotor training must be overseen by a qualified provider and competency in the procedure must be reviewed by an Advanced EMT, Paramedic, Physician, Physician Extender, or RN.
- Practical evolutions may be repeated as many times as necessary to obtain competency. Facilitators should not approve candidates until they feel comfortable that the EMT can safely and competently administer epinephrine via syringe without supervision.
- Training Materials Required:
  - **Ready, Check, Inject Instruction card**
  - **1 mL syringes** (including epi-safe syringe from Curaplex)
    - Services may use expired and/or previously opened clean syringes and needles (for training only).
  - **1” safety needle**
    - Services may use expired and/or previously opened clean syringes and needles (for training only).
  - **1” Filter Straw**
    - For Use with Ampules
  - **Vial and Ampule of medication**
    - Services may use expired or previously opened medication vials (for training only). 10mL vials/ampules of normal saline offer a low cost alternative if expired medications are not available.
  - **Injection trainer or suitable alternative to perform IM injections.**
    - If an injection manikin trainer is not available, consider using fruit such as an orange or a lemon (analog) to simulate the intramuscular injection.
  - **Alcohol prep pads**
  - **Sharps disposal container**
  - **Gloves**
- Psychomotor Objectives:
  - List the supplies necessary to complete a *Ready, Check, Inject* intramuscular injection.
  - Demonstrate the ability to correctly withdraw medication from a vial and ampule.
  - Demonstrate the ability to utilize the *Ready, Check, Inject* resources to prepare a proper dose of medication for both adult and pediatric patients.
  - Using an injection trainer or suitable alternative, demonstrate safe technique when administering an intramuscular injection.

Maine EMS

Ready, Check, Inject Psychomotor Training Check Sheet

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Evaluator (Print): \_\_\_\_\_

Training Location: \_\_\_\_\_

	Skill/Knowledge Area	Yes	No	Comments
Know- ledge	1. Explains indications for epinephrine administration in anaphylaxis			
	2. Identifies proper doses for adult and pediatric patients			
Prep	3. Identifies and gathers all necessary supplies			
	4. Dons appropriate personal protective equipment (gloves)			
Ready <b>Vial</b>	5. Attaches needle to syringe, maintaining aseptic technique			
	6. Removes cap from medication vial			
	7. Cleans top of vial with alcohol prep pad			
	8. Inserts needle into epinephrine vial			
	9. Withdraws appropriate volume of medication			
	10. Removes air bubbles from syringe			
	11. Expels any additional air and fluid to reach correct volume			
Ready <b>Amp</b>	5. Attaches filter straw to syringe, maintaining aseptic technique			
	6. Removes top from medication ampule			
	7. Inserts filter straw into epinephrine ampule			
	8. Withdraws appropriate volume of medication			
	9. Removes filter straw and attaches needle			
	10. Removes air bubbles from syringe			
	11. Expels any additional air and fluid to reach correct volume			
Check	12. Confirms correct medication (epinephrine 1mg/1mL)			
	a. Identifies role of person 2: visually inspect and confirm medication			
	13. Confirms the correct dose has been selected			
	a. Identifies role of 2 <sup>nd</sup> person: confirm dose chosen is appropriate			
	14. Visually inspects syringe for correct volume and no air bubbles			
	a. Identifies role of 2 <sup>nd</sup> person: visually inspect and confirm			
Inject	15. Identifies proper site for injection**			
	16. Flattens skin with thumb and forefinger			
	17. Inserts needle quickly at 90° angle to skin (Inject only on training device/analog)			
	18. Depresses plunger slowly to inject			
	19. Removes syringe and activates needle safety mechanism			
	20. Disposes needle and syringe in proper sharps container			
	21. Explains procedure if needle becomes contaminated after drawing medication and before injection			

\*\* It is acceptable for step 15 of “identifies proper site for injection” to be completed after step 4 before preparation of medication.

\*\* The EMT must identify the proper site for injection on a person before proceeding to inject in the trainer or analog.

Evaluator Signature: \_\_\_\_\_