

SUBCUTANEOUS FLUIDS ADMINISTRATION

Course Number

S1

Validity

1 Year

Duration

3 Hours

Assessment

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This course introduces healthcare staff to the safe administration of subcutaneous fluids (hypodermoclysis), with particular relevance to older adult and palliative care settings. It covers indications, advantages, disadvantages, clinical procedures, and best practice in line with NMC guidance. The session supports nurses and care staff in understanding appropriate use, monitoring protocols, and competency considerations.

Suitable for:

Care



Introduction

- Welcome and housekeeping

Course Programme

- Aim and context: Subcutaneous fluid therapy in care
- NMC Code of Conduct and record-keeping principles
- Indications for subcutaneous fluids
- Considerations in end-of-life care
- Informed discussions: MDT, resident, and family involvement
- Advantages and disadvantages of subcutaneous fluids
- Fluids suitable and those to avoid
- Sites for infusion and contraindicated areas
- Procedure overview and practical guidance
- Monitoring protocols and use of the VIP score
- Drip calculation and infusion rates
- Competency and self-assessment
- Summary, questions, and close

"Research shows that subcutaneous fluid administration is a relatively safe, cost effective technique used to achieve fluid balance" NHS Scotland