



SUBCUTANEOUS INJECTION TECHNIQUE

Course Number

S1

Validity

1 Year

Duration

3 Hours

Assessment

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This course provides participants with the theoretical understanding and practical confidence to safely administer subcutaneous injections in a care setting. Aimed at nurses and senior care staff, it outlines professional responsibilities, relevant anatomy and physiology, appropriate medications, and hands-on technique. The course encourages participant discussion, group learning, and culminates in supervised practice using appropriate equipment. A competency form is provided for completion following workplace assessment.

Suitable for:

Care



Introduction

- Welcome, housekeeping and introductions

Course Programme

- Anatomy and physiology of the skin
- Common subcutaneous medicines and indications
- Rationale for using the subcutaneous route
- Equipment overview
- Safe volumes and injection sites
- Skin preparation principles
- Injection technique (step-by-step)
- Troubleshooting and problem-solving
- Trainer demonstration of subcutaneous injection
- Supervised practice session
- Q&A, reflections and distribution of handouts
- Close and completion of evaluation and competency forms

"A subcutaneous injection is a dose of a medication given into the layer of fat between the skin and the underlying muscle. Some medications can be given this way, and some can only be given this way" NHS