

YEAR:

DATE DUE

DATE GIVEN

July

August

September

October

November

December

For more information on ARF / RHD please contact your local health practice, or go to www.RHDAustralia.org.au

Queensland
Government



WHICH WAY?
SHOW ME YOUR WAY!

MY BICILLIN PLAN

Name: DOB: .. / .. / ..

Primary Provider:

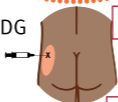
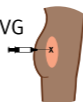
LA Bicillin (1.2mu) >20kg LA Bicillin (600,000u) <20kg

Bicillin Cycle: 21 Days 28 Days

RHD: None Mild Moderate Severe

GAME PLAN

INJECTION SITE:

 DG

 VG

 Thigh


POSITION:

 Lying down

 Standing

 Sitting

 Leaning

THERAPY:

 Buzzy Bee

 Numbing Cream

 Ice Pack

 Shot Blocker

 Wriggle Toes

 Entonox

 Other

DISTRACTION:

 Electronic Device

 Jokes

 Talking

 Quiet

 Distraction Box

 Deep Breathing

BEFORE:

 1, 2, 3

 Says 'go'

 Other

AFTER:

 Warm Pack

 Ice Pack

 Pain Medicine

 Rest Up

 Walk It Off

TOP TIPS FOR INJECTORS

1. BE NICE. Listen to your patient.
2. Make sure medicine is warm (hold in your hand until it is room temperature)
3. Give it slowly or it really hurts (Count to 120, or give over 2- 3 minutes)
4. Allow time to give the injection, help the patient feel safe so they want to come back.

YEAR:

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January

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February

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March

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April

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May

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June

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