

SFHCHS73

Perform aspiration and/or injection of joints and soft tissue structures



Overview

This standard covers the aspiration and injection of joints and soft tissue structures. It excludes the use of radioactive materials.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 apply standard precautions for infection control and any other relevant health and safety measures
- P2 check the individual's previous experience, if any, of the procedure
- P3 discuss the procedure with the individual and
 - P3.1 inform them of associated risks
 - P3.2 discuss the treatment procedure
 - P3.3 obtain valid consent according to local protocol
- P4 check the individual's ability to get home after treatment if they are an out patient
- P5 prior to the procedure, establish whether the individual has been able to rest load bearing joints for two or three days (it may be necessary to defer treatment otherwise)
- P6 check that the individual and/or carer understand the benefits of the treatment to be given and any potential immediate or delayed adverse reactions together with their management
- P7 check whether the individual has any known allergies
- P8 check the individual for signs or symptoms of a systemic infection before starting the procedure
- P9 recognise when you need help and/or advice and seek this from appropriate sources
- P10 check the environment and equipment to ensure that everything is properly prepared for the procedure, including the availability of emergency equipment
- P11 read the individual's notes, prescription and relevant regimen protocol and identify any special instructions, investigations, (including blood test results) or issues for which you need to seek advice
- P12 place the individual in a comfortable position respecting their dignity and ensuring their comfort within the constraints of the procedure
- P13 check the site for injection for evidence of infection, skin lesion or skin disease, which would represent a contraindication for performing the task
- P14 perform the procedure following current guidelines
- P15 assess the individual's condition (both physical and emotional) during and at the conclusion of the treatment
- P16 give post treatment advice following local guidelines, such as limiting activity for two or three days; analgesia; observe for delayed adverse reactions; warn individuals to expect the affected area to be painful for a number of hours
- P17 advise the individual that if the joint worsens within the following twenty four hours, to seek medical advice, with a view to excluding sepsis
- P18 give the individual relevant information leaflets and local contact details
- P19 record the details of the treatment in the individual's notes and/or in the

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prescription chart and/or in the patient held records, according to local guidelines

P20 arrange further follow up, if required, for review by self or others

P21 check and act on results of samples if sent

P22 communicate with relevant professional colleagues according to local guidelines

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Knowledge and understanding

You need to know and understand:

- K1 the current European and national legislation, national guidelines and local policies and protocols which affect your practice in relation to performing an aspiration or administering an injection into a joint or soft tissue structure
- K2 the current European and national legislation, national guidelines and local policies and protocols for using imaging if required, when performing the procedures
- K3 your responsibilities under the current European, and national legislation, national guidelines and local policies and protocols within the care environment
- K4 your responsibilities and accountability under the current European, national and local legislation, policies, protocols and guidelines with respect to performing an aspiration or administering an injection into a joint or soft tissue structure
- K5 the importance of working within your own sphere of competence and seeking advice when faced with situations outside your sphere of competence
- K6 the hazards and complications which may arise during the procedure and how such risks can be minimised
- K7 local infection control guidelines and their application when performing an aspiration or administering an injection into a joint or soft tissue structure
- K8 the Guidelines on the Administration of Medicines
- K9 the local guidelines for the handling and disposal of contaminated waste and sharps
- K10 the local guidelines for individual identification
- K11 the local guidelines for individual records, their storage and confidentiality of information
- K12 the range of information which should be made available to the individual
- K13 the local guidelines for risk management and adverse incidents
- K14 the importance of applying standard precautions when performing an aspiration or administering an injection into a joint or soft tissue structure and the potential consequences of poor practice
- K15 the indications and contraindications of performing an aspiration or injecting a joint or soft tissue structure
- K16 the anatomy, physiology and pathology relevant to the musculoskeletal system
- K17 aetiology, pathogenesis, and progress of musculoskeletal conditions
- K18 the methods for managing musculoskeletal conditions
- K19 symptoms of musculoskeletal conditions, and potential complications and outcomes

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- K20 the short, medium, and long term effects of musculoskeletal conditions on individuals and their carers
- K21 legislation and legal processes relating to valid consent
- K22 the relevant national and local policies and guidelines on valid consent
- K23 the principles of valid consent
- K24 the process and timing for obtaining valid consent prior to treatment, and what to do if valid consent is withdrawn during the procedure
- K25 why it is necessary to obtain valid consent prior to working with an individual and how this can be achieved where an individual is not able to give consent
- K26 accepted best practice to performing an aspiration or administering an injection into a joint or soft tissue structure
- K27 the equipment to be used with specific interventions
- K28 the suitability of treatment for specific groups of individuals
- K29 the risks and complications of performing an aspiration or administering an injection into a joint or soft tissue structure
- K30 the guidelines and procedures for quality assurance, and evidence of effectiveness for performing an aspiration or administering an injection into a joint or soft tissue structure
- K31 the methods to assess and monitor the individual during the intervention
- K32 the rationale for stopping the procedure where sepsis is suspected
- K33 the factors which may compromise the comfort and dignity of individuals during the intervention - and how the effects can be minimised
- K34 the correct management of individuals following the intervention
- K35 medications used
- K36 the common side effects of the medication used
- K37 the contraindications to administering the injections or aspirating a joint
- K38 working within the limits of one's own competence and the need for regular updates

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

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