

### Knee Injection – Clinical Checklist

Stage	Step	Examples / Details	Personnel Responsible
Pre-Procedure	<input type="checkbox"/> Procedure kits & meds stocked		RN/MA
	<input type="checkbox"/> Obtain day of supplies	1. Procedure kit 2. Lidocaine 1% (5cc vial) 3. Triamcinolone 40mg/ml (1cc vial)	RN/MA
	<input type="checkbox"/> Confirm indication	Knee osteoarthritis Confirmed aseptic inflammatory arthritis	MD
	<input type="checkbox"/> Confirm clinical safety	1. No overlying cellulitis 2. Greater than 4mo since last injection 3. No interarticular hardware 4. No expectation for surgical intervention in the joint within 3 months	MD
	<input type="checkbox"/> Consent obtained and placed in patient's chart	1. Describe the procedure 2. Benefit of doing the procedure 3. Potential risk of procedure and how they will be mitigated 4. Risk of not doing the procedure 5. Alternative to the procedure	MD
	<input type="checkbox"/> Labs ordered (if indicated)	Cell count w/ diff, crystals, cultures	MD
Procedure	<input type="checkbox"/> Organize procedural supplies	Marker Lidocaine 1% (5cc) Triamcinolone 40mg/ml (1cc) Alcohol swabs for vials Chlorhexidine swab 18g needle (drawing up solution). *2 <sup>nd</sup> 18g needle if aspirating effusion* 21-25g 1.5" needle (for injection) 5-10cc syringe (for injection) *20-30cc syringe if aspirating effusion* 2x2 gauze	
	<input type="checkbox"/> Position patient	Supine, knee fully extended, quadricep relaxed	
	<input type="checkbox"/> Mark site	Draw straight lines along the superior and lateral margins of the patella and mark the point where the lines bisect as the insertion point.	
	<input type="checkbox"/> Verification of entry site	Preceptor confirms appropriately identified landmarks and insertion point	
	<input type="checkbox"/> Final timeout	Name, DOB, Procedure, Location	
	<input type="checkbox"/> Sterilize site	Scrub for thirty seconds, allow to dry	
	<input type="checkbox"/> Draw up medication in 5-10cc syringe using 18g needle	1. 3-5cc of lidocaine 1% without epinephrine 2. 1cc triamcinolone 40mg/ml	
	<input type="checkbox"/> Insert 21-25g needle quickly through the skin.	Advance under the patella, directed horizontally (parallel to the floor) and slightly inferior do a depth of ~3cm. Then attempt aspiration to confirm non-vascular location.	
	<input type="checkbox"/> Inject full contents of syringe		
	<input type="checkbox"/> Remove needle and place band aide		
	<input type="checkbox"/> Documentation	Procedure note documented in the patient's chart	