


BPG Injection techniques and strategies for minimising pain

BPG made easy (video for clinicians)

BPG made easy


The basics of administering benzathine benzylpenicillin G (BPG) intramuscular injections in acute rheumatic fever and rheumatic heart disease



Government of Western Australia
WA Country Health Service

Images reproduced with permission from Murdoch School of Health Research
<https://www.mhsu.edu.au>

Working together Learning together



RHD Australia

ADMINISTERING BPG

INTRODUCTION
To prevent acute rheumatic fever (ARF) recurrence and to avoid and/or minimise rheumatic heart disease (RHD), secondary prophylaxis with penicillin is required to stop infections with Group A Streptococcal, commonly referred to as 'Strep A'.



Secondary prophylaxis is commonly given as an intramuscular injection called benzathine penicillin G (BPG). It is the consistent and regular administration of antibiotics to people who have had ARF or RHD, to prevent future group A strep infections and the recurrence of ARF. BPG injections should be delivered no later than 28 days after the last injection.



Information on how to administer BPG – techniques and strategies for managing injection pain

ADMINISTERING BICILLIN

CPD POINTS AVAILABLE

ADMINISTERING BICILLIN

E Learning module – accredited (CPD points)

Today is injection day
I AM THE BOSS OF MY BODY!

RHD Australia

WHO IS GIVING ME MY INJECTION?

Man, Woman, I don't mind, The person I usually see

WHERE I AM HAVING THE INJECTION?

Upper buttock, Hip, Thigh

I LIKE - before the injection

Numbing cream or spray, Tell me when you are going to start, Don't tell me when you are going to start, Pain Medicine, Numbing medication in my injection, Warm up needle

I LIKE - during the injection

Bubbles, Reading, Videos/music, Holding hands/cuddles, Boozzy bee, Give FAST, Give SLOW

Quiet - please don't talk with me, Talk with me, Ask me questions, Relaxation/distractio, Cold pack, Heat pack, Shot blocker

I LIKE - after the injection

Cold pack, Heat pack, Pain medication, Cuddles



Poster designed for patients to give choices for BPG administration and pain minimisation strategies



Ventrogluteal identification

CUA School of Nursing Skills



Explanation and demonstration of the ventrogluteal technique