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# Discussion topics

The Injection

Making the most of your visit.

Taking care of yourself

# The Injection

Delicate microspheres

Intramuscular

Stand

Shift body weight away from injection side

Keep the needle in for a few moments

## Dorsogluteal

Posterior superior  
iliac spine

Gluteus medius

Gluteus maximus

Greater trochanter  
of femur

Sciatic nerve



**Do you understand...**

Your test results?

How to manage symptoms?

Your treatment goals?

# Tips for discussion with your Doctor

Have your questions written down

Track your symptoms and possible triggers

Make sure you have a clear plan

# Take care of yourself

For most, disease is chronic

Patients have responsibilities

Complex Medical care

It is OK to...



# Take Care of Yourself

Rest frequently

It is OK to take care of yourself

It is OK to accept help

It is OK to ask for help

It is OK to say no if you think you need to



# To Review

Know how an injection is given.

Know how to best utilize time with your Doctor.

Know how to take care of yourself.

**Thank You So Much**