

## Instructional Guidelines

# Practi-Injecta-Pad™ and Anatomical Templates™

The following instructional sequence is strongly recommended.

- 1. PUNCTURE RESISTANCE** – Most students tend to over-estimate the force necessary to penetrate skin. Since the Injecta-Pad™ cover duplicates average skin resistance, start instruction by having students concentrate on needle insertion only, until they have determined **minimal** force necessary to ensure penetration.
- 2. ASPIRATION TENSION** – Next students should become familiar with fluid aspiration as experienced when a vessel is actually penetrated. This can best be demonstrated by having them aspirate water from any available container. When they have practiced this skill to their satisfaction, they should empty the syringe completely, and with the plunger all the way in, insert the needle tip into the Injecta-Pad. When the plunger is drawn back, the aspiration tension experienced will be identical to a live injection. Once again, students will tend to over-estimate the force needed for aspiration and will need guidance in this skill. Aspirated fill may occasionally plug the needle, but this can easily be corrected. Remove the plunger completely from the barrel, and quickly force it back in; then blow the aspirated fill from the needle.
- 3. INJECTION TECHNIQUE** – After the skills of needle insertion and aspiration tension have been mastered, the student may be taught the necessary hand motions and sequential steps of injection technique. ***Air injection is recommended for practice on Injecta-Pad.***
- 4. ANATOMICAL TEMPLATES** – The six interchangeable templates represent the most commonly used landmarks and injection sites. Each Practi Anatomical Template overlays the surface of the Practi Injecta-Pad for quick visualization, realistic anatomical placement, and more authentic injection practice. **For long-lasting use following practice, the templates should be dried and stored in the protective sleeve.**

### CARE OF THE PRACTI INJECTA-PAD™

**AIR INJECTION** – Air is recommended for injection practice, because it requires no special pad preparation and causes the least wear on the fill. Since there is no essential difference in the “feel” of air versus fluid injection, learning the skill will not be affected.

**FLUID INJECTION** – Water and NaCl may be injected into the pad without damage to the fill; however, fluid injection can be messy, so prepare for this. Prepare the pad by puncturing about 30 holes with an 18” gauge needle on both injection surfaces, and place the pad on a towel during use. After use, allow several hours for the pad to drain. Then, dry and powder lightly before storing.

**STORAGE** – The Injecta-Pad should be stored flat in the original cardboard box away from excessive heat to avoid damaging the cover and fill.

**CAUTION: Repeated large volume liquid injection or exposure to excessive heat may shorten the life of the Injecta-Pad.**