

Review Article

Using Ventrogluteal Site in Intramuscular Injections is a Priority or an Alternative?

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Abstract

One of the most commonly used treatment modality in injection applications is intramuscular injection application. Despite it considered as a simple technique, when intramuscular injection process is not done carefully, it can cause serious complications. The injection site that used for intramuscular injection is one of the most important determinants of complications. As well as selection of site for intramuscular injection depends on many factors, it is reported that clinical practitioners often prefer dorsogluteal site. With studies in recent years, it is recommended to use of ventrogluteal site instead of dorsogluteal site for injection because of it is away from the sciatic nerve and large blood vessels, it is more easy to identify and for reasons such as the subcutaneous tissue is being more thinner for intramuscular injection. However, despite the ventrogluteal site is identified as the safest area in intramuscular injection practices, it appears that the health professionals working in different countries often use dorsogluteal site. For this reason, it is needed to make this compilation study for discuss the advantages of use of ventrogluteal site towards dorsogluteal site in intramuscular injection applications, detection of reliable injection site, the disadvantages and reasons of practitioners' use of dorsogluteal site. This compilation study was conducted in order to contribute to make the health professionals, particularly nurses, apply safe intramuscular injections with evaluating the effectiveness of ventrogluteal site usage that seen as an alternative site and the disadvantages of dorsogluteal site with the results of studies and literature reviews.

Key words: Intramuscular injection, Injection site, Dorsogluteal site, Ventrogluteal site.