

**Abstract****Review Article****Ventrogluteal Site Injection: A Systematic Review****Nurten Kaya, PhD, BSN**

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**Abstract**

Intramuscular injections are most often administered at the dorsogluteal site. However the ventrogluteal site is recommended instead of the dorsogluteal site for administering medication via intramuscular injection. This study is conducted as a systematic literature review in order to determine (1) the preferability of ventrogluteal site in intramuscular injection, (2) the method used in determination of ventrogluteal site, (3) the length of injection used when administering medication to the ventrogluteal site, (4) the type and amount of medications administered to the ventrogluteal site, and (5) the requirement of aspiration when administering injection to the ventrogluteal site. A systematic approach to searching the literature was undertaken using identified academic databases Medline, Scopus, PubMed and Cumulative Index to Nursing and Allied Health Literature (CINAHL) from 2005 to May 2015, and used “intramuscular injection” and “ventrogluteal site” keywords. It was reached a total of 52 studies, and eight studies met the search criteria. The dorsogluteal site is commonly used for intramuscular injection. Young nurses prefer the ventrogluteal site. When determining this site, while the “V” and “G” method is reliable, subcutaneous tissue thickness varies depending on sex and body mass index. Therefore, when a medication is administered to the ventrogluteal site, injection length should be determined and administrable amount of medication should be calculated depending on the sex and body mass index. Before administering the medication, aspiration should be applied taking into account of the characteristics of ventrogluteal site. In this context, there are a limited number of studies on injection application to ventrogluteal site in nursing literature. In these researches, it is found that nurses do not have enough knowledge neither about the method to determine ventrogluteal site nor the choice of the site, and they do not use ventrogluteal site at their applications.

**Key Words:** adverse effects, intramuscular, injection, dorsogluteal site, reliability, ventrogluteal site