

BPG MADE EASY





The basics of administering benzathine benzylpenicillin G (BPG) intramuscular injections for acute rheumatic fever (ARF) and rheumatic heart disease (RHD).

BEFORE GIVING THE INJECTION

- · Review your local policy regarding the administration of BPG
- Required every 21-28 days check when the dose is due
- Provide a prompt and friendly injection service
- Check patient preferences for injection administration



Penthrox Nitrous oxide Clonidine (oral)

Virtual reality (goggles) Local anaesthesia (Lidocaine)

Direct pressure, distraction, cold pack Cold needle, vibration device, oral analgesia

Cultural safety
Calm, respect, reassurance
Short wait time, foster relationship, family support
Patient's preferred injection site, good injection technique

Transition care: children, adolescents, emerging adults
Monitor changing needs and preferences

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PAIN MANAGEMENT OPTIONS

Follow the Strategies for Injection Managing Pain, Fear and Distress pyramid as per the ARF/RHD Australian 2025 guidelines

PREPPING

- Warm the syringe to room temperature (if refrigerated)
- Add lidocaine as per guidelines, if prescribed

CHOOSING A SITE AND INJECTING

- Choose an appropriate injection site: dorsogluteal, ventrogluteal, vastus lateralis
- Apply pressure directly to the injection site for 10 seconds immediately before injecting
- Use a 21-gauge needle to inject
- Draw back gently to ensure you are not in a blood vessel
- Inject slowly over 2-3 minutes

AFTER THE INJECTION

- Observe for 15 minutes post injection in case of adverse reaction
- Remind when the next injection is due and the importance of injection timings
- Call / email / fax the RHD Register with the patient and injection details - notifying the RHD Register is mandatory for all ARF and RHD related treatments

OTHER RESOURCES

- Clinical guidelines, eLearning and other resources are available at: https://www.rhdaustralia.org.au
- WACHS MyLearning course: Rheumatic Heart Disease Introduction Declaration (RHDI EL2)



Dive deeper by watching this video for more information

